



April 2024  
ISSN:1538-1080

Volume 24 Number 2  
<https://doi.10.78717/ijhc.2024235>

## RESEARCH

**Changes in Cognitive-Affective Balance, Life Balance, Depression, Anxiety, Self-Forgiveness, Psychological Flexibility, Valuing, Well-being, Spiritual Awakening, the Working Alliance, and Outcome in Psychotherapy; A Case Study (20 sessions)  
By Philip Friedman, Ph.D.**

### **Abstract:**

#### Introduction

This article demonstrates that the major change ingredients during psychotherapy over 20 sessions are cognitive-affective balance and life balance.

#### Methods

This practice-based evidence approach demonstrates how to measure change, using digital assessments by Pragmatic Tracker and Blueprints weekly on a wide variety of empirical measures. The article utilizes the ICBEST model for psychotherapeutic interventions. Some of the specific interventions utilized in this case study include energy tapping, acceptance and commitment therapy, integrated forgiveness therapy, guided imagery, re-scripting, bilateral stimulation, breathing, meditation, psychological uplifter, the flash technique, “love in all directions” and “spiritual awakening” tools.

#### Results

Graphs of change show significant and often dramatic changes on digital assessments measured online by Pragmatic Tracker and Blueprint.

#### Conclusion

Although this was a case study of one client, the Cognitive- Affective Balance (CAB) and the Life Balance (LB) model for measuring change seem to apply to many change processes and particularly to most, if not all psychotherapy cases. Using the digital assessment systems developed by Pragmatic Tracker and Blueprint, it is relatively easy to measure these variables session by session, and track changes within a practice-based evidence model.

#### Keywords

Cognitive-Affective Balance, Life Balance, Psychological Flexibility, ICBEST Model, Well-Being, Practice-Based Evidence, Tracking Change, Outcome, Case Study, Psychotherapy, Self-Forgiveness, Self-Love, Spiritual Awakening, Working Alliance, Valuing.

# **Changes in Cognitive-Affective Balance, Life Balance, Depression, Anxiety, Self-Forgiveness, Psychological Flexibility, Valuing, Well-being, Spiritual Awakening, the Working Alliance, and Outcome in Psychotherapy; A Case Study**

**Friedman, P.**

## **Introduction**

In previous issues of the *International Journal of Healing and Caring* (Friedman, 2020, 2021, 2023A, 2023B, Friedman and Freedom, 2023) and the *Journal of the Society for the Advancement of Psychotherapy* (Friedman, 2019, 2022, Friedman and Freedom, 2023), new psychological scales were developed and introduced that can be used to assess change during psychotherapy. One of these scales (the Friedman Life Balance Scale) was translated and validated on Chinese nursing students in Nantung, China and was published in early 2023 (Zhao, F.F., Friedman, P., et. al., 2023). The purpose of this paper is to digitally assess change in a new client in psychotherapy (20 sessions) using the ICBEST (Integrative, Cognitive, Behavioral, Energetic and Spiritual Therapy) model, and a variety of psychotherapeutic interventions including ET, (energy tapping), ART (Accelerated Resolution Therapy), ACT (Acceptance and Commitment Therapy), IFT, (Integrative Forgiveness Therapy), GI, (Guided Imagery), the FT, (Flash Technique) and LIAD, (Loving in All Directions).

## **Background**

For confidentiality purposes, names, ages and identifying information have been changed.

Harriet Gould is a 36-year-old, married, formerly Dutch female with one child, age eight. She works as an interior decorator, and sometimes travels abroad for her work. She sought treatment for anxiety, depression, low self-esteem, guilt, marital

problems and work-related struggles. Harriet could be at times overly sensitive emotionally to her husband and her boss. She was fairly successful in her career. Harriet had never had psychotherapy before and was hesitant to make the call to seek help. She was, however, quite open in sharing her troubles in the initial phone consultation. Harriet was seen virtually and was administered a series of digital questionnaires through Pragmatic Tracker and Blueprint.

## **Purpose**

To discuss the role of Energy Tapping (ET), Integrative Forgiveness Psychotherapy (IFP), Guided Imagery (GI), Love in All Directions (LIAD), the Flash Technique (FT) and Accelerated Resolution Therapy (ART) in short term psychotherapy (20 sessions)

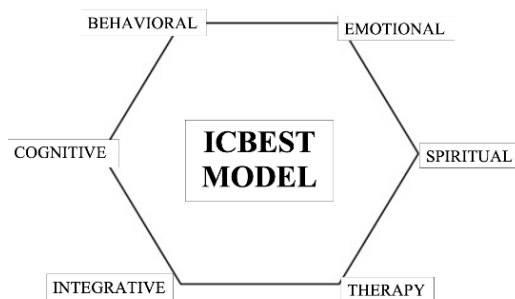
## **Method**

Harriet was given online assessment questionnaires before every therapy session. She filled them out from links sent by Blueprint and Pragmatic Tracker on her cell phone or computer. Every week she completed the Friedman 5 Factor Personality Scale (Friedman, 2020); the Generalized Anxiety Disorder-6 item (GAD-6; Spitzer et al., 2006)) scale; the Patient Health Questionnaire-9 item (PHQ-9; Kroenke et. al., 2001) depression scale; the Friedman Affect and Friedman Belief Scales-short form (Friedman, 2021); the Friedman Life Balance Scale (Friedman, 2020); the Friedman Spiritual Awakening Scale (Friedman, 2020); the Working

Alliance Scale (WAI; Horvath & Greenburg, 1989); the Couple Satisfaction Index, or CSI-4 (Rogge, 2007). Outcome Rating Scale or ORS (Duncan, et. al., 2003); the Valuing Questionnaire or VQ (Smout et. al., 2014); and the Benefits of Therapy Scale (Friedman, 2020).

As mentioned in previous articles (Friedman, 2023B, Friedman and Freedom, 2023) this psychotherapy approach uses an ICBEST model (Friedman, 2015) which stands for integrative, cognitive, behavioral, energy and spiritual therapy. This approach includes the positive pressure point techniques (Friedman, 2006, Friedman 2010) which is a variation of the emotional freedom techniques or tapping techniques (Freedom, 2013, Church, 2018, Stapleton, 2019, Gallo, 2022); integrative forgiveness therapy (Friedman, 2010; Friedman, 2015); ART or accelerated resolution therapy (Kip et al., 2013, Rozenzweig, 2020), which uses bilateral eye movements and rescripting and [CBT](#) or cognitive-behavioral therapy (Hollon & Beck, 2013); and practice-based evidence (PBE) feedback. The author’s approach includes practice-based evidence (PBE), weekly digital assessments which provide client feedback and monitor changes. (Friedman, 2021). The spiritual component focuses on love, compassion, forgiveness, peace, intuition, and healing based on *A Course in Miracles*, (Schucman, 2021; Friedman, 2010). In the authors’ approach major clinical goals include enhancing the client’s love, compassion, forgiveness, and peace. The ICBEST model was used with Harriet. (Many of these interventions have been discussed in previous articles in this journal, in the *IJHC* or in my book the *Forgiveness Solution*, 2010).

**FIGURE 1**



The first two sessions consisted of an initial interview, the Psychological Uplifter, breathing exercises followed by Love in All Directions and the May All Beings exercise. Then she was told to read the introduction to my book “The Forgiveness Solution” (Friedman, 2010) and was sent a copy of the book at the end of session two. She was asked to read and do the exercises in three chapters in the Forgiveness Solution book for the following two weeks.

### ***Guided light imagery and Breathing***

Harriet was guided through meditation exercise provided below at the beginning of all psychotherapy sessions.

### ***Breathing and Affirmations***

*“Close your eyes and put your awareness on your breath. You're going to breathe in peace and to breathe out release; breathing in peace on the in-breath and release on the out-breath; peace on the in-breath, release, relax and let go on the out-breath; breathing in peace, breathing out release, relax and let go. Now, the past is over, the past is over so we release the past; we delete the past. The future is not here yet so we release the future; the future is on its way but not here yet, so we release the future. Now is the only time there is, now is the only time there is and right now we're*

*going to breathe in peace and breathe out release, relax and let go. We're going to breathe in peace and breathe out release, relax and let go. Some people say that it's best to breathe in to a count of four on the in breath, then hold for a count of two and then release, relax and let go for a count of six; so then we would breathe in peace slowly, hold and breathe out release, relax and let go for a count of four, two and six. Now is the only time there is and now is the most important moment of your life. So we're going to breathe in peace and breathe out release, relax and let go for the next two minutes silently to yourself."*

This is done at the beginning of every session.

At the beginning of the second session and following the previous paragraph, while their eyes are still closed, clients are instructed in the following phrases:

### ***Love in All Directions***

*"Put your hands on your heart. We're going to do "love in all directions." Imagine a radiant, white light coming from above, coming from your soul or spirit or Infinite or Divine intelligence or even God, coming down through the top of your head into your heart connecting with the Light and Love in your heart. The light and love in your heart then goes out almost automatically to the people that you're closest to, family, friends, colleagues, neighbors and strengthening the love and light in their heart. It then comes back to you, i.e., the light and love, which strengthens the light and love in your heart even more. Then the light and love in your heart goes out to all the people in my practice, known or unknown, visible or invisible and connects with all those people.*

*The light and love in their heart strengthens the light and love in their heart and again comes back to you almost automatically and strengthens the light and love in your heart even more. Now the light and love in your heart goes out to all the people in the world who are upset, distressed, hurting or fearful in any way or ever have been or ever will be or who know anyone in any of those categories. This should pretty much cover the seven or eight billion people on the planet.*

*"So then the light and love in your heart expands even further to the entire animal kingdom; the dogs, the cats, the giraffes, the elephants, the whales and all the fish in the sea; then the eagles, the sparrows, the robins, the owls and all of the birds in the air and even the little worm; love and light goes out to all of those beings without exception; then it expands even further to the solar system, the galaxy, the whole universe. The light finally comes back around and encircles you in a bubble of light, healing light and love and then it enters you through the skin, into every artery, vein, tissue, organ, muscle, and cell in your body, accelerating or activating a healing process in all levels of your being; physical mental, emotional and relational."*

This section is added beginning with the third and subsequent therapy sessions.

### ***May All Beings***

*Then the light turns like a laser beam into the following phrases that you can repeat out loud after me:*

*"May all beings including myself be at peace; may all beings including myself be healthy; may all beings including myself be happy; may all beings including myself be kind, compassionate and blessed; may all*

*beings including myself be forgiving, grateful and loving, may all beings including myself be connected to their deepest inner Being, inner guidance and inner perfection and may all beings including myself live a life of ease.”*  
*“So now take a slow deep breath, three slow deep breaths actually, in through your nose and out through your mouth, in through your nose and out through your mouth, in through your nose and out through your mouth. Finally, very, very gradually open your eyes and bring your consciousness back into the room.”*

### ***The Psychological Uplifter***

At the end of the initial session clients are taught the “Psychological Uplifter”:  
The following phrases are repeated three times while rubbing the neurolymphatic reflex point at the upper left side of the chest:

*“Even though I have some of this problem or negative emotion (fill in the emotion/problem e.g. fear, anxiety, hurt, anger, depression, sadness, guilt, shame, low self-esteem, work, marital, relationship and family problems, etc.), I accept myself deeply and profoundly, and I am a good, competent and magnificent person.”*

Followed by: *“I love myself unconditionally despite my problems and limitations,” three times while rubbing on the sore point.”*

Followed by: *“I am entitled to miracles,” three times, while rubbing the neuromyopathic reflex point.*

Harriet was encouraged to practice the “Psychological Uplifter” 10-20 times per day, or as often as she can. This writer

demonstrated the activity, while Harriet completed it herself.

### ***Anything is Possible***

At the beginning of the second session Harriet and all clients are taught the “Anything is possible” exercise:

“While tapping with five fingers of one hand on the fleshy part of the side of the other hand (Acupoint SI-3, often called the “karate chop point”). She repeated it three times: *“Anything is possible; I am entitled to miracles; Miracles are happening”*; and *“Miracles come from love and forgiveness.”* Clients are asked to practice both the “Psychological Uplifter” and the “Anything is Possible” statements one after the other.

### ***Releasing and Choosing***

“While tapping with five fingers of one hand on the karate chop point, repeat two times:

*“I release the anxiety, hurt, anger, depression, guilt or any negative emotion and all of the roots and causes (known and unknown) and all of the effects on me and everyone else in my life.”* Then repeat two times: *“Instead I choose to feel calm, relaxed, peaceful, happy and forgiving of myself and others”*

The therapist first demonstrated this exercise and then he and Harriet did it together. These three exercises are forms of Energy Psychotherapy (EP) and are similar to the Emotional Freedom Techniques (Freedom, 2013; Church, 2018; Stapleton, 2019, Gallo, 2020).

### ***Integrative Forgiveness Therapy And Accelerated Resolution***

## ***Therapy***

Between sessions two, three and four, Harriet read the introduction and chapters one through four in the book “The Forgiveness Solution” (Friedman, 2010) and did the Integrative Forgiveness Therapy (IFT) exercises. See the Appendix for a description.

In a later therapy session Harriet was taught and experienced Accelerated Resolution Therapy (ART).

## ***Flash Therapy technique (FTT)***

Harriet was also taught the FLASH technique which is a relatively new technique developed as a spin-off of EMDR and bilateral eye movements, but adds a main focus on a positive person, pet, memory, activity, etc. (See the Appendix for a longer description).

## ***Goals***

Harriet co-created her goals during the second session.

1. Greatly increase self-compassion, self-worth, self-esteem
2. Greatly decrease judgements of self and others
3. Greatly decrease negative emotions such as anxiety, depression, hurt, disappointment hopelessness, guilt, shame or sadness
4. Greatly increase happiness, joy, confidence, focus, peace, love.
5. Greatly decrease some negative beliefs.

6. Greatly increase positive beliefs.
7. Greatly increase the ability to reflect, clarify and sort.
8. Greatly increase the ability to work toward goals even when not motivated.
9. Greatly improve the marital relationship
10. Greatly improve physical health by working out more.

## **Digital Assessments**

Harriet was given online assessment questionnaires before every therapy session. She filled them out from links sent by Blueprint and Pragmatic Tracker on her cell phone or computer. Every week she completed the Friedman 5 Factor Personality Scale (Friedman, 2020); the Generalized Anxiety Disorder-6 item (GAD-6; Spitzer et al., 2006)) scale; the Patient Health Questionnaire-9 item (PHQ-9; Kroenke et. al., 2001) depression scale; the Friedman Affect and Friedman Belief Scales-short form (Friedman, 2021); the Friedman Life Balance Scale (Friedman, 2020); the Friedman Spiritual Awakening Scale (Friedman, 2020); the Working Alliance Scale (WAI; Horvath & Greenburg, 1989); the Couple Satisfaction Index, or CSI-4 (Rogge, 2007). Outcome Rating Scale or ORS (Duncan, et. al., 2003); the Valuing Questionnaire or VQ (Smout et. al., 2014); and the Benefits of Therapy Scale (Friedman, 2020).

## **Results**

All mean results are presented for sessions 1-20.

## **Table 1: Changes in the PHQ-9 Depression Scale**

## HG-DEPRESSION

0	1	2	3	4	5	6	7	8	9	10
4.1	4	5	2	1	2	1	2	1	6	4

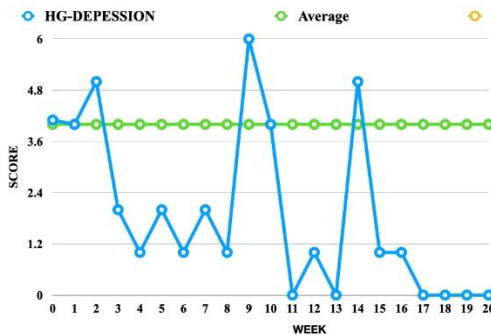
11	12	13	14	15	16	17	18	19	20
0	1	0	5	1	1	0	0	0	0

## MEAN DEPRESSION SCORES

All mean depression scores were 4 over the 20 sessions.

The PHQ-9 (Patient Health Questionnaire-9) is a multipurpose assessment for screening, diagnosing, monitoring and measuring the severity of depression. Table 1 shows that Harriets's scores on the PHQ-9 Depression scale dropped from 4.1 to 0 over 20 sessions.

**Table 1: Changes in the PHQ-9 Depression Scale**



**Table 2: Changes in the GAD-7 Anxiety Scale**

## HG-ANXIETY

0	1	2	3	4	5	6	7	8	9	10
8	8	7	2	1	0	2	0	0	2	4

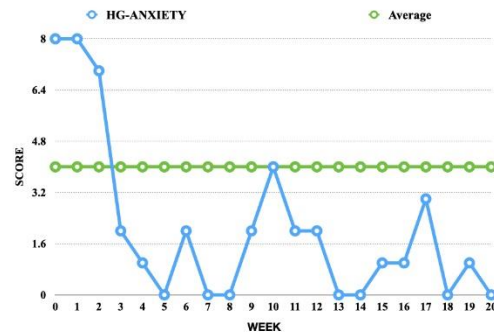
1	1	1	1	1	1	1	1	1	1	2
1	2	3	4	5	6	7	8	9	0	
2	2	0	0	1	1	3	0	1	0	

## MINIMAL ANXIETY SCORE

All minimal anxiety scores were 4 over the 20 sessions.

The GAD-7 is a seven-question scale that is often used to measure anxiety and track change in psychotherapy. Scores of 0 – 4 indicate minimal anxiety; 5 – 9 indicate mild anxiety; 10 – 14 indicate moderate anxiety; and 15 – 21 indicate severe anxiety. Harriet's scores changed from 8 to 0 over 20 sessions.

**Table 2: Changes in the GAD-7 Anxiety Scale**



**Table 3: Changes in the Friedman Negative Affect Scale**

## HG-NEG. AFFECT



0	1	2	3	4	5	6	7	8	9	10
20	17	20	8	4	4	1	3	3	6	8

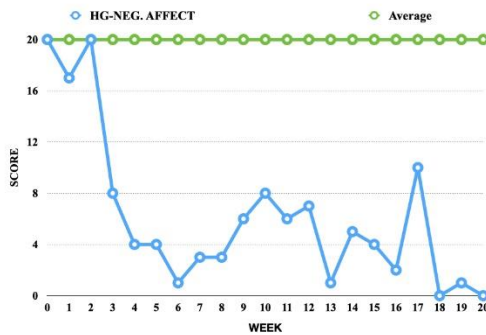
1	1	1	1	1	1	1	1	1	2
1	2	3	4	5	6	7	8	9	0
6	7	1	5	4	2	1	0	1	0
						0			

### MEAN NEGATIVE AFFECT

All mean negative affect scores were 20 over the 20 sessions.

The Friedman Negative Affect scale measures five kinds of negative affect (hostility, guilt, sadness, fear, and fatigue). This table shows that Harriet's level of negative affect dropped substantially from 20 to 0 over 20 sessions. It had already dropped from 20 to one by the sixth session.

**Table 3: Changes in the Friedman Negative Affect Scale**



**Table 4: Changes in the Friedman Positive Affect Scale**

### HG-POSITIVE AFFECT

0	1	2	3	4	5	6	7	8	9	10
										0
2	2	2	3	4	3	3	4	4	4	3
4	6	6	8	1	7	9	3	0	1	3

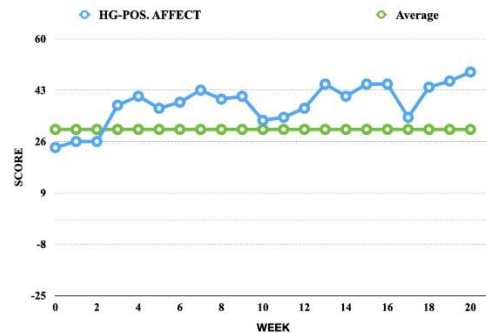
1	1	1	1	1	1	1	1	1	2
1	2	3	4	5	6	7	8	9	0
3	3	4	4	4	4	3	4	4	4
4	7	5	1	5	5	4	4	6	9

### MEAN POSITIVE AFFECT SCORE

All mean positive affect scores were 30 over the 20 sessions.

The Friedman Positive Affect scale measures five kinds of positive affect (Jovial, Self-Assurance, Attention, Peace, and Love). This table shows that Harriet's levels of positive affect increased substantially from 24 to 49 over 20 sessions.

**Table 4: Changes in the Friedman Positive Affect Scale**



**Table 5: Changes in the Friedman Affect Balance Scale: Positive Minus Negative Affect**

### HG-AFFECT BALANCE

0	1	2	3	4	5	6	7	8	9	10
4	9	6	30	37	33	38	40	37	35	25

11	12	13	14	15	16	17	18	19	20
28	30	44	36	41	43	24	44	45	49

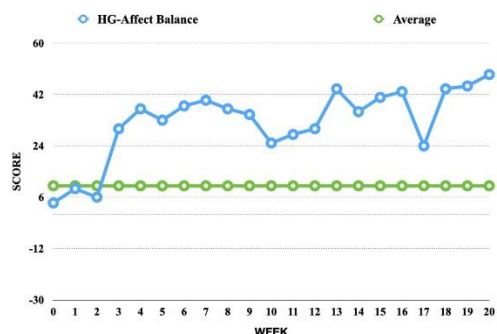
### MEAN AFFECT BALANCE SCORE

All mean affect balance scores were 10 over the 20 sessions.

The Friedman Affect Balance Scale measures the balance of affect (emotionality), “positive” minus “negative affect.” This table shows that Harriet’s Affect Balance score increased significantly from a low score of 4 to a score of 49 by the 20<sup>th</sup> session. She had surpassed the mean score of ten by the fourth session. Affect Balance is a key measure of change. I have been using Affect Balance and Cognitive Balance as key measures of clinical change for 25 or more years. I found them extremely useful in assessing change, which is why I call them “key measures of change

The Life Balance measure (see below) was specifically constructed from written statements that clients made at the end of psychotherapy treatment, indicating what they found most beneficial and helpful during the therapy process. A factor analysis of these statements revealed three main dimensions. Although the Life Balance measure looks at change from a slightly different perspective, it complements the Affect Balance and Cognitive Balance measures as a key measure of change.

**Table 5: Changes in the Friedman Affect Balance Scale (Positive minus Negative Affect)**



**Table 6: Changes in the Friedman Negative Belief Scale**

### HG-NEGATIVE BELIEFS

0	1	2	3	4	5	6	7	8	9	10
23	17	17	7	7	4	5	5	6	9	12

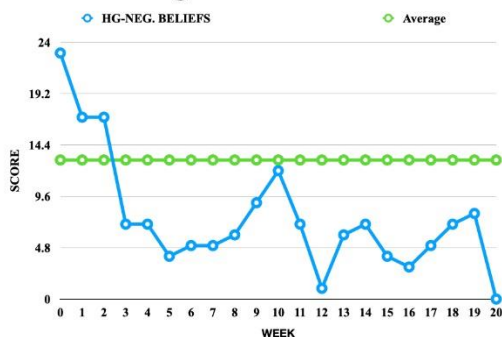
11	12	13	14	15	16	17	18	19	20
7	1	6	7	4	3	5	7	8	0

### MEAN NEGATIVE BELIEFS

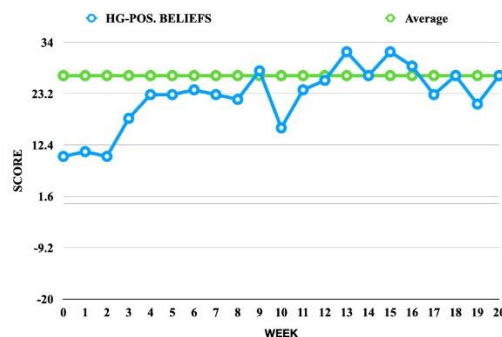
The mean negative belief scale was 13 out of all 20 sessions.

The Friedman Negative Belief scale measures 10 negative beliefs such as “I am a victim (of the past/other people/heredity, etc.), I am inferior, I am a failure, I am weak, I am not in control.” This Table shows that Harriet’s levels of negative beliefs decreased from 23 to 0 over 20 sessions. She reached the average level of negative beliefs with the score of 13 by the third session.

**Table 6: Changes in the Friedman Negative Belief Scale**



**Table 7: Changes in the Friedman Positive Belief Scale**



**Table 7: Changes in the Friedman Positive Belief Scale**

**HG-POSITIVE BELIEFS**

0	1	2	3	4	5	6	7	8	9	10
10	11	11	11	12	12	12	12	12	12	11
0	1	0	8	3	3	4	3	2	8	6

11	12	13	14	15	16	17	18	19	20
24	26	32	27	32	29	23	27	21	27

**MEAN POSITIVE BELIEFS**

The mean positive belief was 27 for all 20 sessions.

The Friedman Positive Belief scale measures 10 positive beliefs such as “I am capable/powerful, I am something, I am important, I can cope.” This table shows that Harriet’s levels of positive beliefs increased from 10 to 27 over 20 sessions. She reached the mean level of 27 by the ninth session.

**Table 8: Changes in the Friedman Cognitive Balance Scale: Positive Minus Negative Beliefs**

**HG-COGNITIVE BALANCE**

0	1	2	3	4	5	6	7	8	9	10
13	6	7	11	16	19	19	18	16	19	4

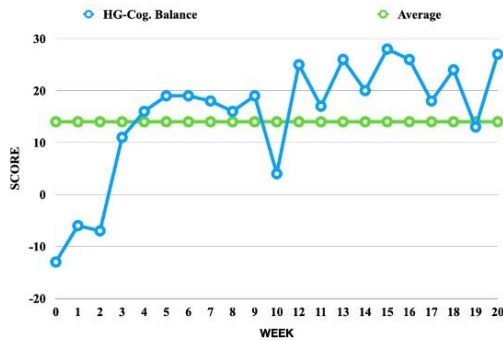
11	12	13	14	15	16	17	18	19	20
25	17	26	20	28	26	18	24	13	27

**MEAN COGNITIVE BALANCE**

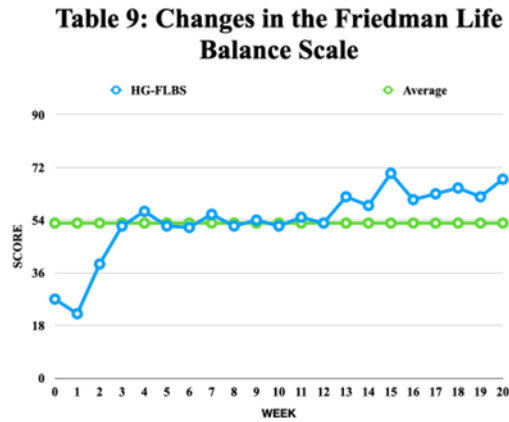
The mean cognitive balance was 14 for all 20 sessions.

The Friedman Cognitive Balance Scale measures the balance of beliefs, i.e. “positive” minus “negative beliefs.” This table shows Harriet’s cognitive balance score increased from -13 to +27 over 20 sessions. She reached the average level of cognitive balance (a score of 14) by the fourth session. Cognitive Balance like Affect Balance is a key measure of change.

**Table 8: Changes in the Friedman Cognitive Balance Scale (Positive Beliefs minus Negative Beliefs)**



**Table 9: Changes in the Friedman Life Balance Scale**



**HG-FLBS**

0	1	2	3	4	5	6	7	8	9	10
27	22	38	44	44	44	51	48	48	48	48

**Table 10: Changes in the Friedman Self-Forgiveness, Self-Compassion and Self-Love Subscale**

**HG-SELF-FORGIVE, SELF-COMPASSION, SELF-LOVE**

11	12	13	14	15	16	17	18	19	20
55	53	62	59	70	61	63	65	62	68

0	1	2	3	4	5	6	7	8	9	10
44	44	41	41	41	41	41	41	41	42	41

**MEAN FLBS SCORES**

The mean FLBS scores is 53 for all 20 sessions.

The Friedman Life Balance Scale measures balance in three areas: Reflect, Clarify, Sort; Understand Self and Others; and Self-Forgive, Compassion, Love. The Table shows Harriet’s life balance scale score increased from 27 to 68 over 20 sessions. She first reached the average life balance scale, score of 53 by the fourth session. Her scores then fluctuated from that point until

11	12	13	14	15	16	17	18	19	20
18	19	18	19	22	17	21	22	19	22

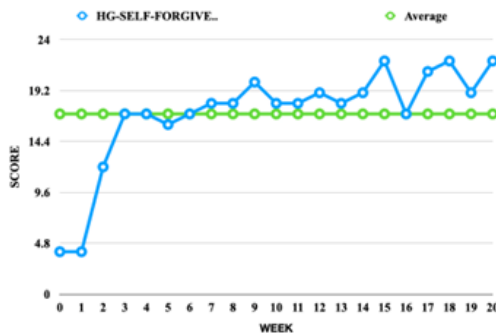
**MEAN SELF-FORGIVE SUBSCALE**

The mean self-forgiveness subscale score is 17 for all 20 sessions.

The Friedman Life Balance Scale measures three subscales related to life

balance (reflect, clarify, sort; understand self and others and self-forgive, compassion, love). This table focuses on the Self-Forgiveness, Self-Compassion and Self-Love subscale. It shows Harriet's scores increasing from 4 to 22 over 20 sessions. She reached the mean score of 17 by the third session. This suggests that self-forgiveness, self-compassion and self-love are key ingredients in Harriet's emotional change.

**Table 10: Changes in Self-Forgiveness, Self-Compassion and Self-Love Subscale**



**Table 11: Changes in the Friedman Affect Balance, Cognitive Balance and Life Balance Scales**

**HG-AFFECT BALANCE**

0	1	2	3	4	5	6	7	8	9	10
4	9	6	3	3	3	3	4	3	3	2
			0	7	3	8	0	7	5	5

11	12	13	14	15	16	17	18	19	20
28	30	44	36	41	43	24	44	45	49

**HG-COGNITIVE BALANCE**

0	1	2	3	4	5	6	7	8	9	10
-	-	-	11	16	19	19	18	16	19	4
13	6	7								

11	12	13	14	15	16	17	18	19	20
17	25	26	20	28	16	18	24	13	27

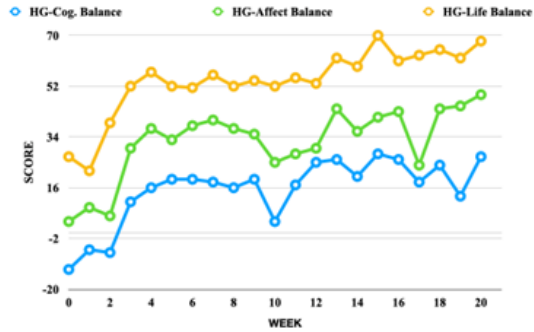
**HG-LIFE BALANCE**

0	1	2	3	4	5	6	7	8	9	10
27	22	39	52	57	52	51.5	56	52	54	52

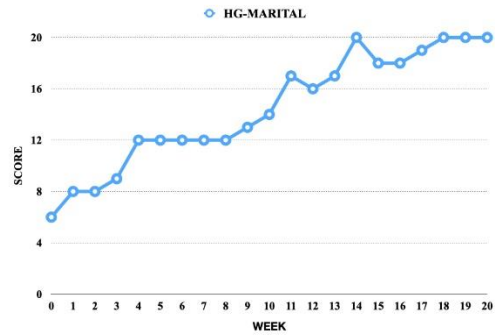
1	1	1	1	1	1	1	1	1	2
1	2	3	4	5	6	7	8	9	0
5	5	6	5	7	6	6	6	6	6
5	3	2	9	0	1	3	5	2	8

Collectively The Friedman Affect Balance, Cognitive Balance and Life Balance Scales represent the major ingredients in change for Harriet, and in the author's experience, most if not all clients as well. This table shows the changes in cognitive balance, affect balance and life balance for Harriet all together on one graph. Generally, for Harriet, she reached a mean score on all three of the scales by the fourth session. However, her scores continued to improve until the 20<sup>th</sup> session. The slope of the three scales is surprisingly similar for Harriet.

**Table 11: Changes in the Friedman Cognitive Balance, Affect Balance and Life Balance Scales for HG**



**Table 12: Changes in the Marital Relationship (CSI)**



**Table 12: Changes in Marital Satisfaction**  
**HG-MARITAL SATISFACTION**

0	1	2	3	4	5	6	7	8	9	10
6	8	8	9	12	12	12	12	12	13	14

11	12	13	14	15	16	17	18	19	20
17	16	17	20	18	18	19	20	20	20

The short CSI-4 is a four-item relationship satisfaction scale ranging from 0 to 21. Harriet initially had a very low score of six which increased markedly to 20 at the 20<sup>th</sup> session.

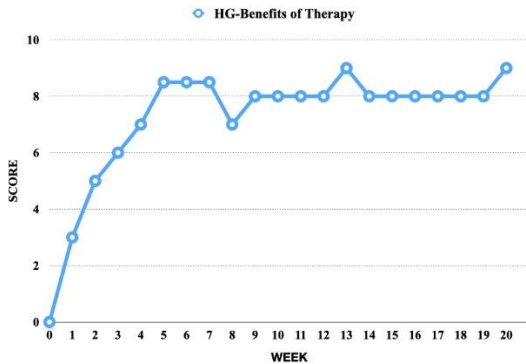
**Table 13: Changes in the Benefits of Therapy**  
**HG-BENEFITS OF THERAPY**

0	1	2	3	4	5	6	7	8	9	10
0	3	5	6	7	8.5	8.5	8.6	7	8	8

1	1	1	1	1	1	1	1	1	1	2
1	2	3	4	5	6	7	8	9	0	
8	8	9	8	8	8	8	8	8	8	9

The Benefits of Therapy assessment measures clients' subjective perceptions of how much they are benefiting from the therapy process on a 10-point scale. Harriet showed a marked increase on the Benefits of Therapy scale from a very low score of zero to a high score of nine at the 20<sup>th</sup> session. By the fourth session she already had a score of seven out of 10.

**Table 13: Changes in the Benefits of Therapy**



**Table 14: Changes in the Friedman Spiritual Awakening Scale**

**HG-SPIRITUAL AWAKENING**

0	1	2	3	4	5	6	7	8	9	10
2	2	3	3	4	4	38.	3	3	3	4
3	9	9	3	7	4	5	9	6	1	5

1	1	1	1	1	1	1	1	1	1	2
1	2	3	4	5	6	7	8	9	9	0
4	4	6	4	5	4	4	5	4	5	5
6	5	2	9	7	7	4	3	5	7	

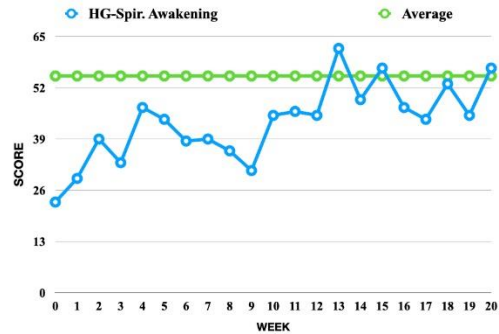
**HG MEAN SPIRITUAL AWAKENING SCORE**

The mean spiritual awakening score was 55 for all 20 sessions.

The Friedman Spiritual Awakening Scale monitors and measures the experience of six aspects of Spiritual Awakening (True Nature, Spirituality, Higher Power/Inspired

Action, Awareness/Inclusion, Perfection/Inner Unfolding and Compassion, Empathy, Love) Harriet’s scores increased consistently from a low score of 23 to a score of 57 at the 20<sup>th</sup> session. In this case, it took 13 sessions before Harriet reached the mean score of 55 on the spiritual awakening scale.

**Table 14: Changes in the Friedman Spiritual Awakening Scale**



**Table 15: Changes in Outcome Rating Scale (ORS)**

**HG-ORS (OUTCOME RATING SCALE)**

0	1	2	3	4	5	6	7	8	9	10
1	1	2	2	3	3	2	2	2	2	2
3	8	4	9	1	1	9	4	1	9	1

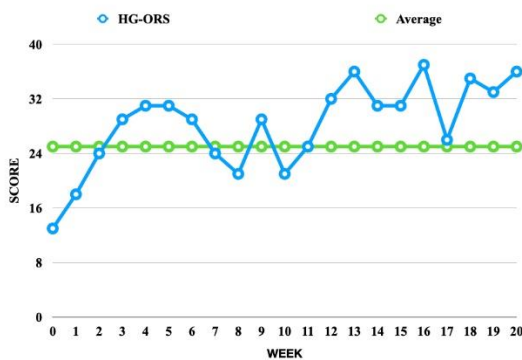
11	12	13	14	15	16	17	18	19	20
25	32	36	31	31	37	26	35	33	36

**MEAN SCORE ON ORS**

The mean outcome ratings score was 25 for all 20 sessions.

The Outcome Rating Scale (ORS) (Duncan, et. al. 2003) is a four-item scale that assesses a client’s perceptions of the therapeutic approach on a 0 to 10 scale; “zero” is the lowest possible score, and “40” is the highest possible score. Harriet’s scores improved dramatically over the course of therapy from 13 to 36. She reached the average score on the ORS of 25 by the fourth therapy session.

**Table 15: Changes in ORS Outcomes**



**Table 16: Changes in the Working Alliance Inventory (WAI)**

HG-WAI (WORKING ALLIANCE)

0	1	2	3	4	5	6	7	8	9	10
36	33	22	33	55	55	55	55	55	55	55
6	0	5	7	1	6	5	7	9	7	8

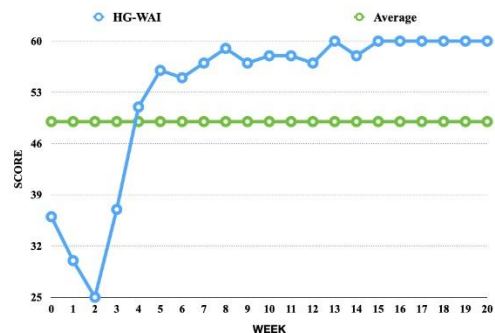
11	12	13	14	15	16	17	18	19	20
58	57	60	58	60	60	60	60	60	60

HG-WAI MEAN SCORE

The mean working alliance inventory score was 49 for all 20 sessions.

The Working Alliance Inventory-Short Revised (WAI-SR) is a recently refined measure of the therapeutic alliance that assesses three key aspects of the therapeutic alliance: (a) agreement on the tasks of therapy, (b) agreement on the goals of therapy and (c) development of an affective bond. This Table shows that Harriet’s working alliance score was very low at intake (36) and increased to 60, the highest possible score, by the 20th session. She reached the mean working alliance score of 49 by the fourth session. In an earlier article published in this journal (Friedman and Freeman, 2023), when one of the clients didn’t obtain an mean working alliance score by the fifth session, she terminated therapy.

**Table 16: Changes in the Working Alliance Inventory (WAI)**



**Table 17 Changes in VQ (Valuing Questionnaire: A Measure of Psychological Flexibility)**

HG-VALUING

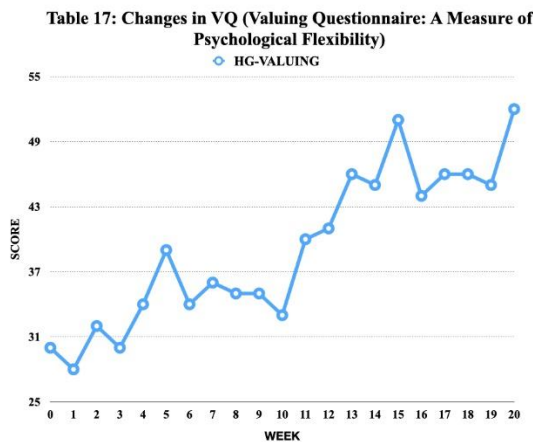
0	1	2	3	4	5	6	7	8	9	10
58	57	60	58	60	60	60	60	60	60	60



3	2	3	3	3	3	3	3	3	3	3
0	8	2	0	4	9	4	6	5	5	3

11	12	13	14	15	16	17	18	19	20
40	41	46	45	51	44	46	46	45	52

The Valuing Questionnaire (Smut et al. 2014) is a 10-item self-report scale designed to measure how consistently an individual has been living with their self-determined values and is often used during ACT. Values are personal principles someone has chosen to guide their behavior. This table shows that Harriet's scores on the VQ increased from 30 to 52 over the 20 sessions.



**Table 18: Changes in the Friedman Well-Being Scale**

**HG-WELL-BEING**

The changes in well-being over 20 sessions:

27	69	79	75	74	67
69	69	81	87	80	76
83	61	86	78	91	76
77	81				

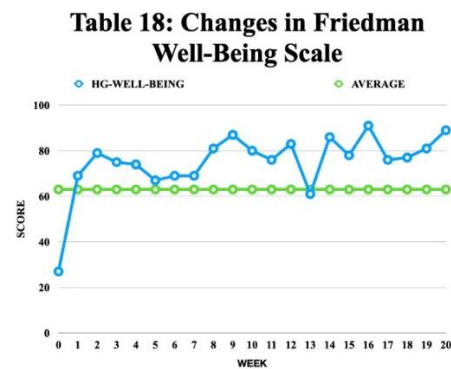
0	1	2	3	4	5	6	7	8	9	10
27	69	79	75	74	67	69	69	81	87	80

11	12	13	14	15	16	17	18	19	20
76	83	61	86	78	91	76	77	81	89

**MEAN WELL-BEING SCORE**

The mean well-being score was 63 for all 20 sessions.

The Friedman Well-Being Scale (Short Form) measures four dimensions of well-being: emotional stability; self-confidence; joyfulness and happiness. It has 10 items. Since it consists of adjectives that are bi-polar opposites the scale measures both directions, i.e., emotional stability-instability and happiness-unhappiness. Harriet's well-being scores improved markedly over 20 sessions from a very low score of 27 at intake to a very high score of 89. In fact, her well-being score jumped almost immediately (69) to the average Well-Being score (63) at session 2.



## Harriet's 20 Session Feedback Essay

### 3 Sets of questions.

#### Paragraph 1

What brought you into therapy. What troubled you? What were your problems. What was upsetting you? What were your challenges? (Personally, relationally, spiritually and job or career wise).

##### Relationally

*My relationship with my husband was very rocky. I looked at it very differently. I was not able to find peace and closeness with him. I needed to understand what I could do to look at things differently. Insert Table 18 graph about here.*

##### Personally

*I was not very satisfied with myself and had a hard time loving myself. I did not have a very positive self-talk. I had thoughts that would spiral downwards very easily. I needed to find more hope in my life, and figure out a way to get myself to keep trying for the life I thought I deserved.*

*I wanted to get back to my positive routine. I wanted to sleep well and not worry and be able to be more relaxed and at ease. I had a worse relationship with how I saw myself in arguments, and I also did not think highly of myself. I was not kind to myself.*

##### Spiritually

*I had stopped finding myself at peace during meditation/prayer sessions.*

##### Career

*I had lost hope or willingness to try. I was disappointed and did not feel very good about myself in the job I was in. I was not sure if what I am working on will help me in*

*the future. I felt very lost and did not have direction, I know I have immense potential in myself.*

#### Paragraph 2.

What have you found most helpful, beneficial and meaningful during the course of therapy so far that helped you change, shift and improve in a positive way? This includes the use of the Forgiveness Solution book, (and any processes and exercises in it); plus any exercises, processes, tools and techniques you learned during therapy and used during the week.

*Psychological uplifter and tapping technique have been of great help. Also, I have been doing the violet light transmutation meditation more often to heal people I see in suffering. I also use the white light meditation technique before tough conversations to imagine people and the situation in the white light.*

*The bilateral stimulation and rescripting exercises have been very helpful.*

*Affirmations every morning are beneficial.*

*I also use "breathing in peace, and breathe out release" during difficult conversations.*

#### Paragraph 3.

What changes have taken place in yourself and your life or relationships during therapy in regard to paragraph one and anything else? How have your troubles/problems/ upsets/relationships etc. changed, shifted and improved in a positive way? How have you grown as a person or in your relationships?

##### Relationally

*I have become much more accepting of my husband in my relationships, I focus on loving him a lot more than I focus on getting back from him. I have been able to be very forgiving in my relationships.*

Personally

*I have learned to be more accepting of the parts of myself that want to give. I don't think I am as self-centered anymore. I have learnt to be more patient so I can be there for my husband. I am still working on it.*

*My self-talk has improved. Now I think of myself positively. I hold on to my true self during conflicts and difficult situations and I am more aware of my true Self. I have been able to let go of a lot of hurt from the past.*

*I am able to be more patient with physical transformation and taking care of my body. I am more in touch with myself and counsel myself more often than before.*

Spiritually

*I am still working on this aspect...there is less mind wandering and more loving.*

Careerwise

*I have been using white light meditations to be more centered before the things that stress me out at work occur. I am still working on finding more direction at work.*

## DISCUSSION

The purposes of this paper were to demonstrate how to track changes digitally session by session during short term psychotherapy, a series of 20 sessions, on a variety of measures using a case study methodology; to briefly describe the ICBEST (Integrative, Cognitive, Behavioral, Energetic and Spiritual Therapy) model of therapy and assessment scales that are used

in this approach; to discuss some interventions used in the ICBEST approach; to demonstrate the use of cognitive-affective balance as a core measure of change during psychotherapy; to demonstrate also the use of life balance as a core measure of change during psychotherapy; to demonstrate the power of self-forgiveness in healing and change during psychotherapy; to further introduce the concept of psychological flexibility/inflexibility drawn from the ACT approach to therapy; to briefly examine the role of the working alliance during psychotherapy and the working alliance's relationship to therapeutic change during a successful case of psychotherapy; to demonstrate the changes in spiritual awakening that took place during the 20 psychotherapy sessions; to discuss the role of Energy Tapping (ET), Integrative Forgiveness Psychotherapy (IFP), Guided Imagery (GI), Love in All Directions (LIAD), the Flash Technique (FT) and Accelerated Resolution Therapy (ART) in the 20 session of this psychotherapy case. All of these purposes have been met.

## Conclusion

Although this was a case study of one client, the Cognitive- Affective Balance (CAB) and the Life Balance (LB) model for measuring change seem to apply to many change processes and particularly to most, if not all psychotherapy cases. Using the digital assessment systems developed by Pragmatic Tracker and Blueprint, it is relatively easy to measure these variables session by session, and track changes within a practice-based evidence model. Colorful graphs of change can be constructed from the data. Other process and empirical measures can also be calculated such as assessments of outcome, well-being, spiritual, awakening, relationship satisfaction or harmony, forgiveness, cognitive fusion, and gratitude. These

assessments come from a variety of theoretical frameworks. Many different interventions can be used and can still be accessible to this kind of digital assessment and feedback. It is after all a feedback-based and practice-based evidence approach.

## References

*Blueprint: Guided Measurement Based Care for Therapists*. <https://www.blueprint-health.com/>

Church, D. (2018). *The EFT manual*. Energy Psychology Press.

Duncan, B., Miller, S., Sparks, J., Claud, D., Reynolds, L., Brown, J., & Johnson, L. (2003). The Session Rating Scale: preliminary psychometric properties of a “working” alliance measurement. *Journal of Brief Therapy*, 3(1), 3-12.

Flückiger, C., Del Re, A. C., Wampold, B. E., & Horvath, A. O. (2018). The alliance in adult psychotherapy: A meta-analytic synthesis. *Psychotherapy*, 55(4), 316–340. <https://doi.org/10.1037/pst0000172>

Freedom, J. (2013). *Heal yourself with emotional freedom technique*. Hodder and Stoughton.

Friedman, P. (2006). Pressure point therapy. In Mountrose, P. & Mountrose, J. (Eds.), *The Heart and Soul of EFT and Beyond*. Holistic Communications.

Friedman, P. (2010). *The forgiveness solution: The whole body Rx for finding true happiness, abundant love and inner peace*. Conari Press.

Friedman, P. (2015). Integrative forgiveness psychotherapy. In Neukrug, E. S. (Ed.), *Encyclopedia of theory in counseling and psychotherapy* (pp. 557-562). Sage Publications.

Friedman, P. (2015). The ICBEST model of forgiveness, healing, energy therapy and change. *International Journal of Healing & Caring*, 15(1), 1-25.

Friedman, P. (2019, April). Healing from anxiety, depression, trauma using forgiveness, self-compassion, and energy psychology while tracking change over time: Part 1 case study. [Web article]. Retrieved from <http://www.societyforpsychotherapy.org/healing-from-anxiety-depression-trauma/>

Friedman, P. (2019, April). Healing from anxiety, depression, trauma using forgiveness, self-compassion, and energy psychology while tracking change over time: Part 2: Therapeutic interventions. [Web article]. Retrieved from <http://www.societyforpsychotherapy.org/healing-from-anxiety-depression-trauma-using-forgiveness-self-compassion-and-energy-psychology-while-tracking-change-over-time-2/>

Friedman, P. (2020). Life balance, emotional stability, well-being and spiritual awakening-Part 2: Shorter scales and an evidence-based approach to change. *International Journal of Healing and Caring*, 1(20), 1-29.

Friedman, P. (2020). Friedman life balance scale, Friedman spiritual awakening scale and Friedman mini five-factor scale. [friedmanassessmentscales.com](http://friedmanassessmentscales.com)

Friedman, P. (2021). Digital assessment and tracking, life balance, emotional stability, well-being, spiritual awakening, anxiety, and depression: A practice-based evidence approach to change in psychotherapy. *International Journal of Healing and Caring*, 21(2).

Friedman, P. (2021). Friedman affect scale – short form; Friedman belief scale – short form; Friedman well-being scale – short form. [friedmanassessmentscales.com](http://friedmanassessmentscales.com)

Friedman, P. (2022). A practice-based evidence approach pre, during, and post COVID-19 during psychotherapy. <http://www.societyforpsychotherapy.org/a-practice-based-evidence-approach-pre-during-and-post-covid-19-during-psychotherapy>

Friedman, P. (2023a) Change in emotional stability, self-forgiveness, life balance, cognitive-affective balance, depression, anxiety and psychological flexibility: A case study using assessments used in the ICBEST and ACT models of therapy. *International Journal of Healing and Caring*. 23(1).

Friedman, P. (2023b). Change In depression, anxiety, negative and positive affect, life balance, self-forgiveness, psychological flexibility, The working alliance, outcome measures and the benefits of psychotherapy: Case studies of two clients. *International Journal of Healing and Caring*, 23(2).

Friedman, P. and Freedom, J. (2023) A Practice-Based Evidence approach to change pre, during and post COVID-19 during psychotherapy: Time period 2: Relapse and recovery. *International Journal of Healing and Caring*, 23(3).

Friedman, P. H., & Freedom, J. (2023), Brief psychotherapy of two Cases with very different outcomes: Success and failure. Web article]. Retrieved from [http://www.societyforpsychotherapy.org/success\\_and\\_failure](http://www.societyforpsychotherapy.org/success_and_failure)

Gallo, F. (2022). *The tapping toolbox: Simple body-based techniques to relieve stress, anxiety, depression, trauma, pain, and more*. PESI.

Horvath, A. O., & Greenberg, L. S. (1989). Development and validation of the Working Alliance Inventory. *Journal of Counseling Psychology*, 36(2), 223–233.

Hollon, S. D., & Beck, A. T. (2013). Cognitive and cognitive-behavioral therapies. *Bergin and Garfield's handbook of psychotherapy and behavior change*, 6, 393-442.

Kip, K., Rosenzweig, L., Hernandez, D., Shuman, A., Sullivan, K., Long, C., Taylor, J. McGhee, S., Girling, S. Wittenberg, T., Saheb zamani, F., Lengacher, C., Kadel, R., & Diamond, D. (2013). Randomized controlled trial of accelerated resolution therapy (ART) for symptoms of combat-related post-traumatic stress disorder (PTSD). *Military Medicine*, 178(12) 1298–1309. <https://doi.org/10.7205/MILMED-D-13-00298>

Kiresuk, T. & Sherman, R. (1968). Goal attainment scaling: a general method of evaluating comprehensive mental health programmes. *Community Mental Health Journal*, 4:443-453.

Krau, S. (2020) The Multiple uses of guided Imagery. *Nursing Clinics of North America*. 55 (4), 467-474 <https://doi.org/10.1016/j.cnur.2020.06.013>

Kroenke, K., Spitzer, R. L., & Williams, J. B. (2001). The PHQ-9: Validity of a brief depression severity measure. *Journal of General Internal Medicine*, 16(9), 606–613. <https://doi.org/10.1046/j.1525-1497.2001.016009606.x>

*Pragmatic Tracker.*

<https://pragmatictracker.com/>

Rosenzweig, L. (2022). *Too Good to Be True?: Accelerated Resolution Therapy aka ART*. Archway Publishing.

Rogge, Ronald. (2007). *The Couples Satisfaction Index: CSI-4*.

10.13140/RG.2.1.4198.3129.

Schucman, H. (2021). *A course in miracles: Complete and annotated edition revised*. (Perry, R, Ed.) Circle of Atonement.

Smout, M., Davies, M., Burns, N., & Christie, A. (2014). Development of the valuing questionnaire (VQ). *Journal of Contextual Behavioral Science*, 3(3), 164-172

Spitzer, R. L., Kroenke, K., Williams, J. B., & Löwe, B. (2006). A brief measure for assessing generalized anxiety disorder: the GAD-7. *Archives of Internal Medicine*, 166(10), 1092–1097. <https://doi.org/10.1001/archinte.166.10.1092>

## Bio

**Philip H. Friedman, PhD**, is a licensed psychologist and Director of the Foundation for Well-Being in Plymouth Meeting, Pennsylvania. He is the author of “The Forgiveness Solution” and “Creating Well Being” in addition to the Friedman Assessment Scales on Well-Being, Beliefs, Quality of Life, Affect, Life Balance, Spiritual Awakening and the Mini-5 Factor Personality Scale. He is also the developer of the ICBEST model of psychotherapy.

Dr. Friedman is an adjunct professor on the faculty of Sophia Univ. (formerly the Institute of Transpersonal Psychology). He is the founder of Integrative Forgiveness Psychotherapy (IFP), the Positive Pressure Point Techniques (PPPT), the Practice Based Evidence Approach (PBEA) and the Digital Assessment and Tracking Approach (DATA) to assessment and change.  
email: [PhilF101@comcast.net](mailto:PhilF101@comcast.net)

Stapleton, P. (2019). *The Science Behind Tapping: A Proven Stress Management Technique for the Mind and Body*. Hay House.

Zhao, F., Friedman, P. H., Toussaint, L., Webb, J. R., & Freedom, J. (2023). Translation and validation of the Chinese version of the Friedman life balance scale among nursing students: A psychometric analysis. *Nurse education in practice*, 66, 103505. <https://doi.org/10.1016/j.nepr.2022.103505>

## Thank You

I want to thank John Freedom for his helpful and constructive comments on this manuscript. It is very much appreciated.

I want to thank Loren Toussaint and Jon Webb for helping me in the development of the Friedman Life Balance, the Brief 5 Factor Personality and Spiritual Awakening Scales. It is very much appreciated.

## TERMS OF USE

The International Journal of Healing and Caring is distributed electronically as an open access journal, available at no charge. You may print your downloaded copy of this article or any other article for relaxed reading. We encourage you to share this article with friends and colleagues.

The International Journal of Healing and Caring  
31907 South Davis Ranch Rd.  
Marana, AZ 85658

Email: [ijhcjournal@earthlink.net](mailto:ijhcjournal@earthlink.net) Website: <http://www.ijhc.org>  
Copyright © 2024 IJHC.org, Philip Friedman. All rights reserved.  
DISCLAIMER: <http://ijhc.org/disclaimer>