



June 2024
ISSN:1538-1080

Volume 24 Number 3
<https://doi.10.78717/ijhc.2024328>

RESEARCH

Changes in Cognitive-Affective Balance and Flexibility, Life Balance, Depression, Anxiety, Self-Forgiveness, Valuing, Well-Being, Spiritual Awakening, Cognitive Fusion, Experiential Avoidance, the Working Alliance, and Outcome in Psychotherapy: A Case Study

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ABSTRACT:

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 an ICBEST model for psychotherapeutic interventions. Some of the specific interventions utilized in this case study include integrated forgiveness therapy, the positive pressure point techniques, guided imagery, re-scripting, bilateral stimulation, breathing, meditation, psychological uplifter, the flash technique, “love in all directions”, and “spiritual awakening” tools. Graphs of change show significant and often marked changes on digital assessments measured online by Pragmatic Tracker and Blueprint. Therapeutic progress is also indicated by the typed exercises the client shared over the course of the 22 sessions. Major ingredients of change during psychotherapy with this client were cognitive-affective balance, cognitive-affective flexibility and life balance.

KEY WORDS

Cognitive-Affective Balance and Cognitive-Affective Flexibility, Life Balance, ICBEST Model, Well-Being, Practice-Based Evidence, Psychotherapy, Self-Forgiveness, Self-Love, and Spiritual Awakening.

INTRODUCTION

In previous issues of the 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. It was published in early 2023 (Zhao, F.F., Friedman, P., et. al., 2023) and was recently translated into Turkish (Tuncer G.Z. and Yiğit T.T. (2024).

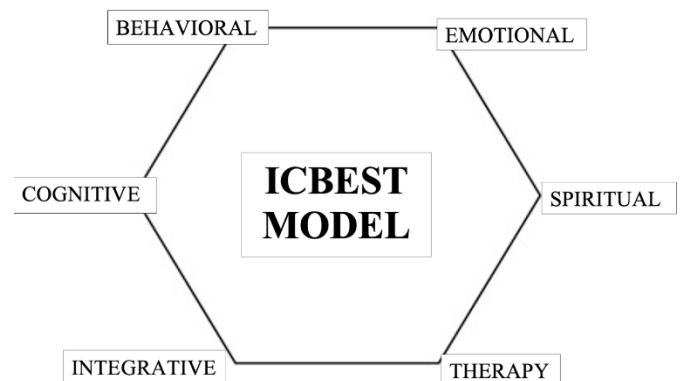
The purpose of this paper is to demonstrate how to assess progress in psychotherapy with a single client over 22 sessions using a case study approach with digital assessments measured online by Pragmatic Tracker and Blueprint. Case studies are a type of research which clinician-researchers can conduct in the “laboratories” of their own offices.

BACKGROUND

Bob is a 39 year old, married male with one child, age 5. He works as an accountant at a midsize accounting company. Bob lives with his wife, Andrea, daughter, Carolyn, and father-in-law, Rod, in a condo in the suburbs. He sought treatment for his depression, anxiety, anger, guilt, frustration, withdrawal, marital and work-related problems. He had previously been hospitalized for a week with auditory hallucinations that he attributed to the intense stress at work. Although he had psychotherapy once before, it had been a while since he had any kind of

psychotherapeutic treatment. His wife, is a 34-year-old yoga teacher, who encouraged him to go get some help because he had become quite withdrawn; he also knew it was time for a further course of psychotherapy. Bob was experiencing family problems not only with his wife and father-in-law, but also with his brother Paul and his parents. Work was a major source of stress for Bob, largely related to his boss, Jason.

The ICBEST model was used with Bob. See below.



METHODOLOGY

The client was seen on a weekly psychotherapy session virtually via ZOOM. Prior to each session he completed several assessments, using a practice-based evidence approach with the Blueprint and Pragmatic Tracker online platforms, which monitor change and provide client feedback weekly.

He filled these out from links sent by Blueprint and Pragmatic Tracker over his cell phone or computer. The assessments included: 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), the Cognitive Fusion Questionnaire, (CFQ; Gillanders, et. Al 2014), the Acceptance and Action Questionnaire-II (AAQ-II; Bond, et. Al, 2011), the 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).

The results of these assessments are charted on the Tables below.

My therapeutic approach is eclectic, and utilizes an ICBEST (Integrative, Cognitive, Behavioral, Energetic and Spiritual Therapy) model. Specific therapeutic interventions include the PPPT (Positive Pressure Point Technique), 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).

The positive pressure point techniques (Friedman, 2006, Friedman 2010) are a variation of the emotional freedom techniques aka “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; [CBT](#) or cognitive-behavioral therapy (Hollon & Beck, 2013); and GI or guided imagery (Friedman, 2010, Krau, 2020). The spiritual component focuses on love, compassion, forgiveness, peace, intuition, and healing based on *A Course in Miracles* (Friedman, 2010, Schucman, 2021). In the author’s approach, major clinical goals include enhancing the client’s experience of love, compassion, forgiveness, and peace. Reading the book *The Forgiveness Solution* by the author, and doing the forgiveness exercises were major components of treatment.

Samples of Bob’s Therapy Writings

In the second session, Bob and the therapist (the author) co-created a list of goals:

1. *Greatly increase happiness, peace, overall well-being*
2. *Develop even more loving relationship with my daughter*
3. *Improve relationship with wife*
4. *Increase happiness in work setting*
5. *Greatly decrease my anxiety*
6. *Greatly decrease my depression*
7. *Increase living in the moment and less worry about the future*
8. *To be psychologically healthier e.g. smile more; be more extroverted*
9. *Taking more responsibility on myself rather than deflecting, scapegoating or blaming*
10. *Develop a closer relationship with my wife e.g. more family time, less arguing, more positive communication*
11. *Greater increase psychological flexibility*
12. *Greatly increase positive beliefs*
13. *Greatly decrease negative beliefs*
14. *Greatly increase positive feelings: love, peace, joy*
15. *Greatly increase self-esteem/self-compassion, self-forgiveness*
16. *Greatly decrease self-judgement.*

During the course of psychotherapy, Bob was assigned all of the exercises in Dr. Friedman's book, *The Forgiveness Solution* (2010). He read the chapters, did the exercises and typed up his responses to the exercises between therapy sessions. Some of this material is shown below to demonstrate the effect of the interventions and the process of journaling.

Below are Bob's typed notes from doing the exercises in the *Forgiveness Solution* book. He started doing chapters 2, 3 and 4 after the third therapy session, and before the fourth therapy session. After that, he did one, two or three chapters a week, depending on how many exercises there were in the chapters. He sent me his typed responses each week before the subsequent session.

FORGIVENESS SOLUTION EXERCISES

Earlier this year, I was hospitalized for severe anxiety and depression. One of the things that sent me on that road was a comment my boss, Jason, made when he was unhappy with my work. He told me that I may as well go back to selling computers at Best Buy. That hurt me because he was seemingly making fun of my mental health and he bashed my work at Best Buy. I loved the people I worked with and more often than not, it was fun to work there. By him saying that, he belittled my former co-workers and made a mean joke of my mental health at the same time. In addition, I worked hard to escape Best Buy in order to have a larger stream of income to provide for my family. The thought of losing my job while he made snide comments only helped increase my anxiety.

I don't know how this experience made me better. I guess it helped me to treasure my past experiences and times that I

may have been happier and realize that not every moment in life has to be negative and to try not to dwell on the past or future and instead focus on the present.

When I was in kindergarten through third grade, I went to a very elite private school. The whole time, I was more or less miserable there. The kids in my grade were often spoiled rotten. They were given Nintendo games whenever they lost a tooth...I got a dollar. Other kids were given \$40 to spend on field trips while I was lucky if I got \$5. My family wasn't poor or anything, but I was judged by my physical possessions rather than my character and I was often treated as an outcast. I worked hard to try to make friends and that still carries over to today as I am quick to forgive and often put other people before myself, often to my own detriment.

This experience made me better because I learned how it felt to be treated and judged based off of trivial things. As I grew up, I always tried to give people the benefit of the doubt and judge people based on their words and actions rather than other things. I often try to help others even when it may not be my place to help.

YOURSELF – I find myself often at work when something goes wrong in one of my clients that it is my fault. Whether some work or something was not previously produced, I often think that I screwed up somehow, even though I am told that it isn't my fault. For example, I found out that I was supposed to be at a conference, but the email notifying my company of the conference was sent to a defunct email address. But since it was my client, I felt responsible and was very upset by it. My boss and everyone else told me that it wasn't a big deal, but I took responsibility for it and I let it eat me up inside. I wish I could let go of things out of my control and not judge myself for it.

The above experience helped me realize that when something happens that I have no control over, to try to take a deep breath and refocus and think about whether I could have done anything differently to avoid the situation or whether the situation was completely out of my control.

It is relevant to point out that in the book *The Forgiveness Solution* it is emphasized that “Underlying every issue, lies an issue of unforgiveness.” Unforgiveness shows up as grievances, judgments and attack thoughts against oneself or another person. Many of the exercises that Bob engaged in during therapy are designed to reveal the unforgiveness and grievances. Later various kinds of forgiveness processes are used to facilitate Bob’s healing.

GRIEVANCE EXERCISES

GRIEVANCES AGAINST THOSE I LIVE WITH:

Andrea –my wife. I wish she could be more understanding and empathetic towards the difficulties I have with my job. I also wish she realized she doesn’t know everything about parenting and that there are two parents for my daughter and my opinion should matter just as much as hers. I also wish that she could provide me with some private quiet time with all the time she takes for herself. I have never asked for time for myself and I wish she would offer me some time every now and then.

Rod – Father-in-law – You live in our house now and you are not a basketball official anymore. You may have more “life experience” than me or Andrea but that does not mean you can tell us what to do and then get angry when we decide to do something different. Andrea and I are doing

you a favor by letting you live with us after you got evicted for flooding your apartment three different times. A little gratitude every now and then would be nice.

GRIEVANCES AGAINST THOSE I WORK WITH

Jason – I appreciate you hiring me last year, but belittling me because you tell me to do one thing and then yell at me for following your instructions is unfair. I come to work every day walking on eggshells as I wonder what you may get angry with next and whether I could have done anything to prevent it or whether it was out of my control. I am doing the best I can and while you do show gratitude occasionally, procrastinating on files and then taking out your stress on others when deadlines are looming is unfair to everyone involved.

GRIEVANCES AGAINST FAMILY

Paul (brother) – You are 38 years old and you still live with mom and dad. I know that you do help around the house as Mom is almost eighty-five years old, but you seemingly stopped going to college when you allegedly needed five more credits to get a degree. Mom and Dad aren’t going to be around forever so you need to figure out something soon because I don’t know how Andrea and I will be able to help.

Mom and Dad – Please stop coddling Paul. He is a grown man who needs to get a kick in the ass so he can be successful and can live independently. Having to go to court with him in Berks County was unfair to me, but I didn’t complain.

Fred (brother-in-law) – I am happy that you very recently got a new job, but wanting all

these physical possessions when you were not working is unreasonable and unfair. Why could you possibly need a \$10,000 camera? You could buy a decent camera for \$1,000 and do many of the same things. Also, why do you need five guitars? You get help from your dad but often treat him like garbage when you don't get your way. You are not always right, and you need to learn some humility.

GRIEVANCES AGAINST YOURSELF

Let go of things out of your control. You let your fear control you every day. You have a great daughter who loves to play with you, but your fear and mental exhaustion get in the way. Carolyn is your only daughter and you need to treasure the time with her, because she isn't getting any younger. You don't want her memories of you to be a father who was depressed and stressed all the time. You need to find a way to put a better foot forward.

GRIEVANCES AGAINST ETHNIC GROUP(S)

To be honest, I don't have any "Stereotypical" grievances.

GRIEVANCES AGAINST GOD

Why do you let bad things happen to good people. My uncle devoted his life to you and now he is defrocked and he can't even come back to New Jersey to meet his grand-niece and see members of his family. You cause disease, heartache and sadness every day, but you seemingly do little to cause happiness. I go to church to try to set a good example for my daughter, but I don't get anything out of the experience. Once you show me a reason to care, then maybe I will put more effort into church.

EXERCISES ON DISAPPOINTMENT

• Disappointment Stressors

STRESSORS	SCORE
Missing a week of work due to catching the flu	5
Being threatened with losing my job by my boss	10
Needing a lot of dental work	4
Worry about my heart condition	3
Increasing utility costs	3
My daughter constantly wetting the bed at five years old	2
Being forced to go on vacation to Florida to visit father-in-law	5

• Expectational Stressors

STRESSORS	SCORE
Needing to do a better job at work	9
I wanted to find a job I could be happy at	6
I wanted my family to support me if I decided to quit the law	7
I wanted to be more successful financially than I have been	5
I wanted the government to forgive some of my student debt	4

• Old-Tape Stressors

STRESSORS	SCORE
My mom constantly judging me based upon my academic performance	7
Having to escape from my brother's shadow at every school	4
Being awkward around members of the opposite sex growing up	3
Not getting to lead a retreat in high school	3

EXERCISES: UPDATED GOALS

1. Greatly increase happiness and peacefulness;
2. Even more loving relationship with my daughter;
3. Improve relationship with my wife;
4. Increase happiness in work setting;
5. Greatly decrease my anxiety;
6. Greatly decrease my depression;
7. Enjoy & increase living in the moment;
8. Decrease worry about the future;
9. To be psychologically healthy;
10. Smile more
11. Be more extroverted
12. Taking more responsibility rather than deflecting;
13. Better relationship with my wife;
 - a. More family time;
 - b. Fewer arguments;
 - c. More positive communication;
14. Greatly increase psychological flexibility;
15. Greatly increase positive beliefs;
16. Greatly decrease negative beliefs;
17. Greatly increase positive emotions;
18. Greatly decrease negative emotions;
19. Greatly increase self-esteem & self-worth & self-forgiveness & self-compassion;
20. Greatly decrease self-judgment;
21. Be more optimistic in my outlook on life;
22. To have an overall sense of peace.

TEACHING STORIES and AFFIRMATIONS

THE ALLIGATOR AND HOLDING ON

This story is a good allegory for letting go of things that may prevent me from

feeling “free.” Just as the alligator refused to let go of the meat which ultimately caused his demise, I need to learn to let go of things that can cause me harm by thinking about them and/or dwelling on them more than I have to be so I don’t have to be or feel trapped in my own mind.

THE TWO MONKS AND LETTING GO

I did not really understand the story. Granted, it is important to let go of things soon after they happen and not dwell on negative things. However, the fact that the monk helped a woman in need, even though he took a vow of celibacy, the first monk’s anger was completely unjustified. Besides, who is the monk to judge others. If anything, the monk who helped the woman can ask for forgiveness from whatever deities he may hold close to his heart.

THE RAT AND CHEESE STORY

I am a creature of habit. Therefore, I will always tend to go for what is familiar. The saying that “old habits die hard” is especially true for me. Granted, while I don’t think I have any truly bad habits (i.e. drinking, drugs, etc.), I may have some habits that I have always done and breaking those habits will be very hard for me. Therefore, alley number four will always tend to be my “go to” no matter what.

AFFIRMATIONS: THIRTY USEFUL ONES

Bob created these affirmations, but they are adapted from ones in the *Forgiveness Solution* book. He used them as needed throughout the day.

a.

Despite it may being more challenging, I will look for

the outcome that will bring me the most happiness.

2. *Despite the hurt that may come in the short-term, I will try to make decisions that will likely bring me long-term happiness.*
3. *Despite my upbringing, I will try to be more optimistic in my world view;*
4. *Despite my fears, I will try to be more self-confident in my every day life;*
5. *Despite my worry, I will try to put on a brave face and push forward even when times get hard;*
6. *Despite my frustrations at work, I will try to separate work and home so I can be happy for my daughter;*
7. *Despite my frustrations that may arise in a day, I will try to not hold onto it and not let it define me;*
8. *Despite my frustrations with my co-workers, I will strive to always see the good in them;*
9. *I will always strive to see things differently, even when it is hard for me to do so;*
10. *I will always try to suppress fear and anger;*
11. *Happiness is key to a happy life and I will try always find happiness;*
12. *Sadness is okay, but I will not let it define who I am;*
13. *Anger can be justified, but I will never let it get the best of me*
14. *I will continue to try to see things from others perspectives rather than solely my own;*
15. *I will try to take more responsibility for my thoughts, feelings and actions;*
16. *I will try to engage with my daughter more even when I am tired from work;*
17. *I will continue to try to make time for my wife after a day at work;*
18. *I will try to learn to forgive others for past slights against me;*
19. *I will try to live life rather than trying to rest and let it pass me by;*

20. *I will try to hope for the best rather than prepare for the worst;*
21. *I will learn to let go more quickly;*
22. *I will try to forgive others even if they do not deserve forgiveness;*
23. *My life is my own and does not belong to anyone else. I will control my life;*
24. *I will try to take better care of myself physically which will hopefully lead to happiness emotionally;*
25. *I will try let go of fear and bring in hope;*
26. *I will try to be more trusting of others;*
27. *I will continue to be a loving support for my daughter;*
28. *I will continue to strive to give my best work even when it is hard;*
29. *I will try to plan more rather than improvising as planning can be better;*
30. *I will be happy.*

BETWEEN SESSION 7 AND 8

The day after our last session, I needed to use the pressure points tapping exercise in my office due to continued stress at work. I was feeling I was out of my depth so I had to close my office door and almost meditate. I did the exercise with my hand on my forehead and my other hand on the back of my neck and I took some deep breaths while I had my eyes closed. I could feel some of the stress leaving my body but it took a bit longer than I would have hoped to find my stress levels at a point where I could continue working.

On Friday, I had to use the positive pressure point tapping exercises to help calm myself down regarding multiple parties in a client situation that is turning into a nightmare. Everyone is being wholly unreasonable over a relatively small amount of money which is driving everyone crazy. I tried to do the forgiveness affirmations.

Ironically, as I was doing the forgiveness affirmation exercises, my client called and interrupted the exercise which caused me to do more affirmations until I felt I was at a point I could calm down.

Over the weekend, I had to use the psychological uplifter and pressure point tapping exercises to make myself feel better. Both my wife and daughter were sick and a lot of responsibilities fell on me. The whole time, my wife was texting me from our room telling me to do this and do that and that I need to do more. I was stressed as it is with work so after my daughter went to bed, I turned off all the lights in the living room and used the psychological uplifter while tapping the sides of my hands together while taking deep breaths. I continued to do this until I felt I was at a point of calmness that I had not felt all day.

On Monday, I had to use the forgiveness affirmations exercises multiple times with multiple co-workers. I felt they were constantly talking to me in a condescending way and I was getting frustrated and angry. I knew if I kept on this road, I was afraid I was going to lash out at someone which would not have been helpful for anyone. I used the forgiveness affirmations during my lunch break with my office door closed. I did the affirmations repeatedly for multiple people in my office while I had my eyes closed. If I did not completely resolve the anger and frustration in me, but it reduced my anger levels which was a big help in helping me get through the rest of the day.

ART: ACCELERATED RESOLUTION THERAPY EXERCISE AT SESSION 8

(There were three ART sessions, but Bob only commented on one of them.)

Using the bilateral eye movement and focusing on shifting feelings and sensations helped me take my mind off of my negative thoughts that I was feeling at the time. My brain tends to focus only on one thing at a time. Therefore, following the white board helped take part of my mind off of my negative thoughts. Then, by rescripting past scenarios where I was upset and bored, it allowed me to live out emotionally powerful experiences and then rescript them in a way that would have made me happier had the rescripted version played out in real life. It helped me show myself that while rescripting can lead to changes in outlook, I cannot dwell on the past and should instead focus on the present.

EXERCISES: FORGIVENESS AND GUIDED IMAGERY

I used my old boss for the Creating Well-Being Forgiveness exercises. I acknowledge that while I felt my old boss, Sarah, wronged me, some of the blame for how things ended could be placed on me. Therefore, I used her for the forgiving of another and asking for forgiveness technique. Even though my old boss and I last worked together four years ago, there has always been bitterness from me simmering on the surface. I figured now was the time to try to let the past go. I waited until late at night and sat alone and closed my eyes and thought in peace about everything that happened and what could have been done differently. I realized that Sarah was trying to run her firm as she saw fit and maybe I just did not fit her mold of what she needed. So, I found I was able to forgive her and ask for forgiveness for any actions I may have done or not done that led to any bad feelings. I also sought to forgive myself for any negative emotions I may have felt while working for her and after being let

go. It helped me feel better about the situation and now I feel I can see her without a sense of animosity.

For the Light Imagery Grateful Heart Technique, I did this exercise right after the forgiveness exercises to try to have some positive thoughts. I thought about all my family and all my friends, even those whom I miss that I haven't spoken to in quite some time. The exercise helped me realize I needed to make more of an effort to stay in contact with certain people and that by writing to these people, I can show those people that they are loved and cared for by me, at a minimum.

For the White Light Self-Forgiveness Imagery Technique exercise, I did this exercise over the weekend when I had a little more free time. I tried to forgive myself for negative feelings I had about myself over things my daughter said to me. While she did not mean to insult me, the way she was criticizing or second guessing me caused me to question my own worth as a father. I read the exercise before I started as there were multiple steps. Upon doing the exercise, I reflected on what I might do differently to prevent my daughter from saying similar things in the future. I also forgave myself for having negative thoughts about my abilities as a father as I am proud of the girl my daughter is becoming, and I should not doubt myself in that regard.

For the Healing and Release Imagery Technique, I compiled a mental list of all the grievances, negative emotions and everything that has happened recently. I did this exercise when I woke up early one day before everyone else so I could get a good start to the day. I was able to feel like some weight was lifted off my shoulders. I wish I could say that I felt completely refreshed, but I did feel better than when I woke up that

morning, so I took that as a positive. I had to do the exercise four times before I felt I was able to get my stress level down to a point I was comfortable with.

EXERCISES: EMPTY CHAIR EXERCISE

For the Empty Chair exercise, I used my brother, Paul. As my parents are older and need more care, my brother (who is older than I am) still lives with them. Granted, he does cook and help around the house, but he does not drive and relies on my parents to take him to work sometimes. He stopped trying to get his college degree years ago despite only being a few credits short. He also had two prior DUIs on his record which is part of the reason he does not drive anymore.

I used the Empty Chair to say all the things I wish I could say to my brother, but have never been able to due to not wanting to start conflict. I wish I could say I saw things from my brother's point of view, but the fact that he and I have led completely different lives upon reaching adulthood, I had trouble seeing things from his perspective. I tried going back and forth a few times, but maybe due to my stubbornness of the situation, it was hard for me to release my expectations of my brother and allow him to be what he is and not what I want him to be.

I used the Violet Transmuting Flame energy exercise for people at work and how I perceive they have treated me recently. I had to use it a few times in the past week due to this past week being particularly stressful. The exercise allowed me to try to forgive those at work that I felt have wronged me or treated me poorly. I made sure I had a quiet and private space so I

would not be disturbed when I did this exercise, and it helped me clear my head and lower the tension levels in my body.

The Ho'oponopono Forgiveness Exercise, (I'm sorry, please forgive me, thank you, I love you) was the hardest exercise for me because I had to grasp the concept that everything that has happened in my life, I am the creator of my own existence. I have always felt there were many negative things that happened in my life for which I had no control over. I never really had any grandparents (three of the four died before I was born and the fourth had a debilitating stroke when I was five years old), or what happened to my uncle. I tried repeating the mantra over and over again to deal with my negative emotions and while some of the stressors in my body were resolved, others seem insurmountable no matter how many times I repeat the mantra.

EXERCISES: FORGIVENESS LETTERS AND GUIDED FORGIVENESS IMAGERY

*Dear Paul,
I wish this was a happier letter, but I have a lot of things on my chest I need to get off and I don't know of a better way to do this so here goes.*

Growing up, all I was known as was "Paul's brother." I constantly lived in your shadow and I felt I had to go above and beyond to differentiate myself from you. Your lackluster performances in school put pressure on me to be successful. Your dropping out of college TWICE for whatever reason has put an unfair burden on Mom and Dad. Also, your two DUI convictions and that being the reason why you refuse to drive is further burdening Mom and Dad because they often have to drive you places.

Some many say that at least you are taking care of Mom and Dad. Yet they took care of Meloney for years while you were working. It was YOUR dog and yet they took on the responsibility. You are now 38 years old and soon to be 39 and you have yet to do anything substantial with your life. If you were only six credits away from graduating, you need to go back and get your degree. Mom and dad won't be around forever and I won't be able to support you when Mom and Dad eventually pass away.

Your lack of responsibility has put a burden on everyone around you and it needs to stop soon before it hurts someone.

Dear Paul

I wish this was a happier letter, but I have a lot of things on my chest I need to get off and I don't know of a better way to do this so here goes:

I wish I knew why you chose to stop going to school twice. I wish I knew your thought process regarding living with mom and dad. I appreciate that you go out of your way to help them and cook for them if need be. Also, you are a great uncle for my daughter and she loves you a lot. Her face always lights up when I mention we are going to see you.

You've made some decisions in your life that I don't necessarily agree with, but I am not a person to judge or cast blame. I hope you can re-evaluate some of your previous "bad decisions" and I hope you can learn from them so that you can find success and happiness once mom and dad pass away (hopefully years down the line).

I do love you and want what's best for you. I hope you will take my words to heart.

Dear Bob

Thank you for the letter. I agree that I have made some decisions that were not

the smartest and I wish I could take them back. I have tried to live my best life, but I realize that my decisions have burdened others. For that I am sorry.

I am glad that your daughter enjoys my company. I want to be a part of her life and be the best uncle I can be. To do so, I realize I may need to make some lifestyle changes and go back to school to show her the importance of education. I also want to care for mom and dad as they did so much for us growing up. Now that Mom does not drive and is not as mobile as she used to be, I feel I need to be around more than ever. However, I try my best to be as little a burden as possible.

I appreciate your concern and I love you too. I promise that while it can't be overnight, I will try to change for the better and I hope that you will help me if I need it.
Paul

Paul,

Thank you for your letter. I will of course help when and where I can in order for you to be happy. I know things haven't been easy with having mom and dad as parents at times, but I hope we can move forward from this point as closer siblings than when we started. I forgive all the "bad decisions" you made in the past and I hope you can be a part of my family for years to come.

Bob

Giving and Receiving Forgiveness and Miracles Imagery Exercise

I tried doing the above exercise. I pictured myself in the treasure house and giving out the shining lilies. I took the analogy when I pick a lily, two more would grow in its place to mean as I forgive, the ability to give forgiveness becomes easier so more lilies would be needed. I imagined giving myself lilies to member of my family,

friends, co-workers and anyone else that I felt has wronged me in the past. By giving those lilies, I was able to let go of past transgressions against me and release pent up emotions against them and try to live in the present rather than dwell in the past.

Fountain of Forgiveness and Love Imagery Exercise

I used some of my old bosses for this exercise because I felt that some of those bosses have wronged me to the point where I held on to anger for years. I pictured each in a prison cell and spoke to them about why I was angry. I gave every reason I could for why each was a prisoner in the cell. After going through the litany of reasons as to why they were prisoners, I also realized that these people were my FORMER bosses and not a part of my current life, so dwelling on the past serves very little purpose. I was able to release each prisoner from his or her cell and felt a sense of relief that I was able to let go of the past.

I then pictured my younger selves in the cells and tried to forgive myself for some of my prior decisions that may have caused hurt to myself and others. I told them that experience comes with age and that for many times, I didn't have the life experience to make better decisions. I was able to forgive my younger self and let them out of their cells.

EXERCISES: MORE GUIDED FORGIVENESS IMAGERY **Transformational Forgiveness Imagery Exercise**

I chose my boss from back in 2010-2012. He was initially a good person for me as he gave me my first job back in 2006, before I started school. When I first worked as a he always treated me with respect. But

when I started my first job at the same company in 2010, it wasn't the same place. Everyone kept to themselves, which left me to fend for myself. I had no mentor at all and when I tried going for help, 9 times out of 10, he wasn't there. I struggled during the entire 2.5 years at the company before I was let go the day before the company picnic.

I tried picturing him along with all the resentment and anger I have felt for so many years, but then tried to change my perception of him by seeing that by his letting me go and treating me the way that he did, I was able to learn about myself and be the kind of person I want to be. He helped show me that success shouldn't be based on becoming a cut-throat employee who will stop at nothing to win but instead be known as a good person who treats everyone with respect.

Composite Forgiveness Imagery Exercise

I pictured two people that I always associate as one person. These were two people I worked with back in 2010-2011 who constantly belittled me and treated me like dirt. The minute I closed my eyes and pictured them, some deep-seeded feelings of resentment, anger and frustration started coming to the surface. I started perceiving all of their flaws and tried to dismiss them one by one. I then just pictured their faces and tried to view them in my mind's eye as just a person who has the divine light in them. I then remembered the very few times we got along while we all worked together and it made me realize that they are not bad people, but I just have bad memories of them. I wanted to walk with them in the light and was able to do so.

Cutting the Energetic Cord Imagery Exercise

I chose my uncle who has since been somewhat shunned from my family. I shouldn't say shunned, but I have not seen him in many, many years when I used to see him all the time. He allegedly made some very bad decisions which put himself and, by association, our family, in a very bad light. I am angry because he will likely never meet my daughter even though he was the uncle I was closest with growing up.

I tried to cut all the energetic cords between me and my uncle for his past choices and that he isn't a real part of my family's lives anymore. I was able to forgive him because despite his bad choices, he always treated me lovingly and with respect and I hope I can live a similar life to how he was to me when I was growing up.

Bob's 22nd Session Feedback Essay

Paragraphs 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)*

I came into therapy after suffering a breakdown at work. I was experiencing auditory hallucinations telling me I was not good at anything and telling me to harm myself. I was hospitalized for a week and a half and needed therapy to help me figure out where I stood in terms of my career. I wanted to be happy because I hadn't felt happy in a long time and my family was telling me I needed therapy to help work through my problems because it was affecting my family.

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.

I think what helped me most were the exercises in Friedman's Forgiveness Solution book to help me learn to forgive myself and others so I don't carry so much weight of unforgiven slights I may have experienced. Also, being able to discuss my issues with an unbiased person has helped me see things in new perspectives. Because I am starting a new job in a week, I almost feel as though I have a new lease on life.

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?

Since starting therapy, I have become closer with my family, particularly my wife and daughter. I also was finally able to find a new job and leave my current position which will hopefully give my daily life a "recharge" so that I can find renewed enthusiasm and not dread coming to work each day.

Comment:

Bob's feedback indicates the importance of forgiveness in healing relationship struggles and personal emotional distress that shows up in cognitive-affective and life imbalance, and cognitive-affective inflexibility. It also indicates the importance of forgiving others and forgiving oneself. Bob had many people to forgive both in his family and his jobs. He also had to release judgments and grievances

that he held against himself, which is self-forgiveness. Fortunately, with the help of *The Forgiveness Solution* book exercises and the therapy sessions he was able to do so.

RESULTS

Table 1: Changes in the PHQ-9 Depression Scale

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 Bob's scores on the PHQ-9 Depression scale dropped from 13 to four over 22 sessions. PHQ-9 scores of 5, 10, 15 and 20 represent mild, moderate, moderately severe, and severe depression. He had already reached the average score of four by the ninth session.

Table 1: Changes in the PHQ-9 Depression Scale

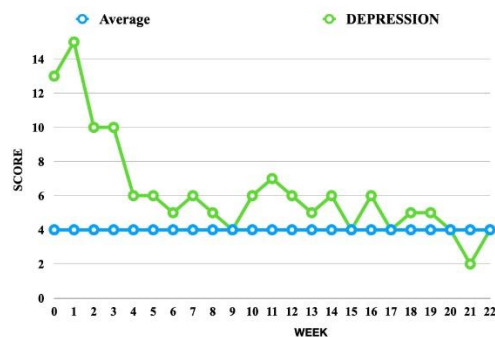


Table 2: Changes in the GAD-7 Anxiety Scale

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. Bob's scores changed from a high of 17 to 2

over 22 sessions. He reached the average score of four at the 12th session.

Table 2: Changes in the GAD-7 Anxiety Scale

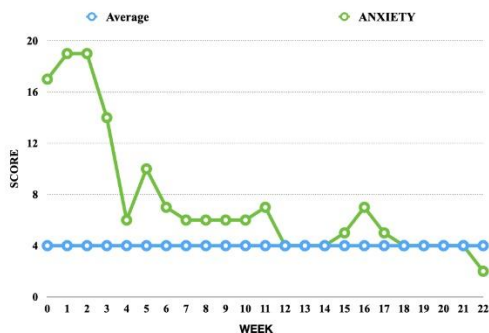


Table 3: Changes in the Friedman Negative Affect Scale

The Friedman Negative Affect scale measures five kinds of negative affect (hostility, guilt, sadness, fear, and fatigue). This table shows that Bob's level of negative affect dropped substantially from 45 to 12 over 22 sessions. It had already dropped from 45 to 20 (the average) by the seventh session.

Table 3: Changes in the Friedman Negative Affect Scale

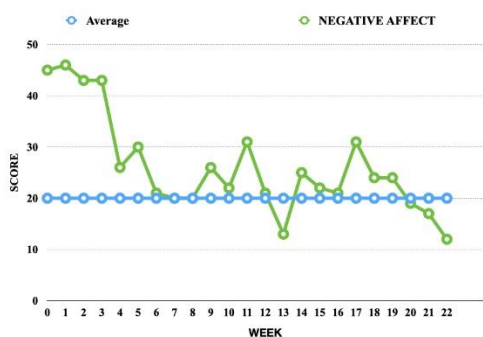


Table 4: Changes in the Friedman Positive Affect Scale

The Friedman Positive Affect scale measures five kinds of positive affect

(Jovial, Self-Assurance, Attention, Peace, and Love). This table shows that Bob's levels of positive affect increased substantially from 27 to 43 over 22 sessions.

Table 4: Changes in the Friedman Positive Affect Scale

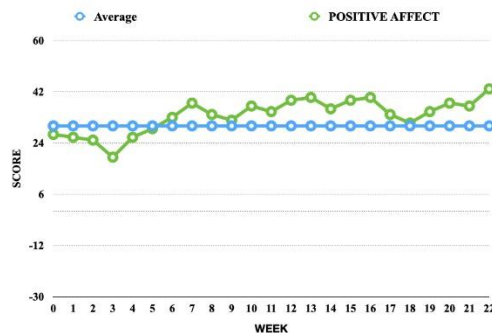


Table 5: Changes in the Friedman Affect Balance Scale: Positive Minus Negative Affect

The Friedman Affect Balance Scale measures the balance of affect (emotionality), “positive” minus “negative affect.” This table shows that Bob's Affect Balance score increased significantly from a low score of -18 to a score of 31 by the 22nd session. He had surpassed the average score of ten by the sixth session. Affect Balance is a key measure of change.

Affect Balance and Cognitive Balance have been used by the author as key measures of clinical change for 25 or more years. The usefulness of Affect Balance and Cognitive Balance can be seen in the two following websites:

<https://integrativehelp.com/affective-balance-graph/>

<https://integrativehelp.com/cognitive-balance-graph/>

They are extremely useful in assessing change.

Clinically and empirically these measures have been the most useful ones in reflecting change over time.

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

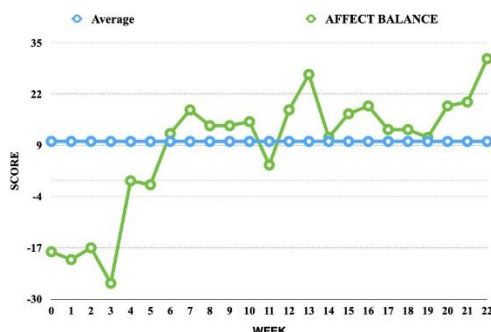


Table 6: Changes in the Friedman Negative Belief Scale

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 Bob’s levels of negative beliefs decreased from 27 to 3 over 22 sessions. He reached the average level of negative beliefs with a score of 11 by the sixth session.

Table 6: Changes in the Friedman Negative Belief Scale

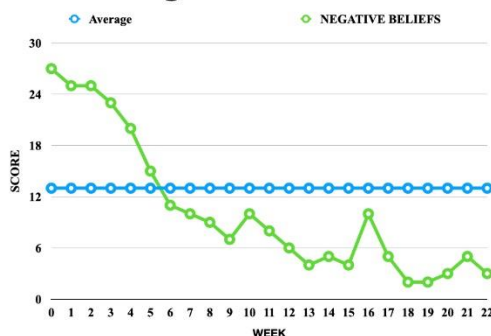


Table 7: Changes in the Friedman Positive Belief Scale

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 Bob’s levels of positive beliefs increased from 11 to 32 over 22 sessions. He reached the mean level of 27 by the 1²h session.

Table 7: Changes in the Friedman Positive Belief Scale

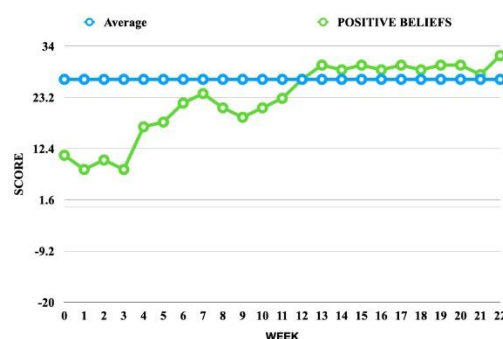


Table 8: Changes in the Friedman Cognitive Balance Scale: Positive Minus Negative Beliefs

The Friedman Cognitive Balance Scale measures the balance of beliefs, i.e. “positive” minus “negative beliefs.” This table shows Bob’s cognitive balance score increased from -16 to +29 over 22 sessions. He reached the average level of cognitive balance (a score of 14) by the 1²h 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)

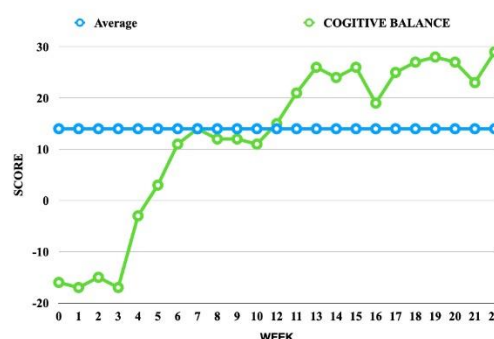


Table 9: Changes in the Friedman Life Balance Scale

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 Bob's life balance scale score increased from 35 to 60 over 22 sessions. He first reached the average life balance scale score of 53 by the seventh session. The maximum score is 75 (range is 0-75). Life balance is also a key measure of change and was specifically developed from client feedback to measure change during psychotherapy.

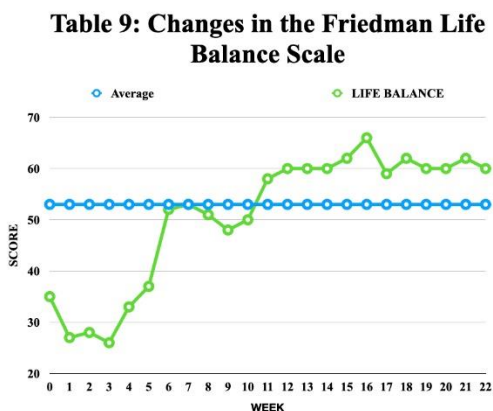


Table 10: Changes in the Friedman Self-Forgiveness, Self-Compassion and Self-Love Scale

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 Bob's scores increasing from 8 to 20 over 22 sessions. He reached the mean score of 17 by the 11th session. This suggests that self-forgiveness, self-compassion and self-love are key ingredients in Bob's emotional change. Self-forgiveness, self-compassion,

and self-love in turn create shifts in cognitive-affective balance.

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

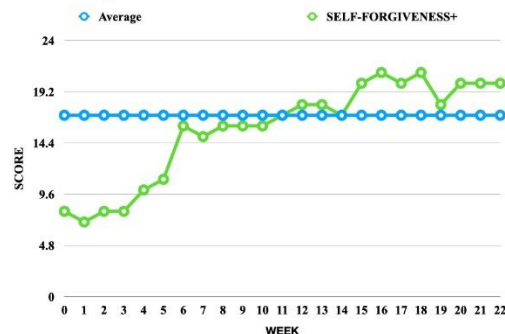


Table 11: Changes in the Friedman Affect Balance, Cognitive Balance and Life Balance Scales

Collectively The Friedman Affect Balance, Cognitive Balance and Life Balance Scales represent the major ingredients in change for Bob, and in the author's experience, in most if not all clients as well. Clients come in with emotional and cognitive problems. Cognitive-Affective balance measures these changes in a fairly precise way. Life balance looks at these changes with a slightly different lens.

This table shows the changes in cognitive balance, affect balance and life balance for Bob all together on one graph. Generally for Bob, he reached a average score on all three of the scales by the sixth to 12th session. However, his scores continued to improve until the twenty-second session.

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

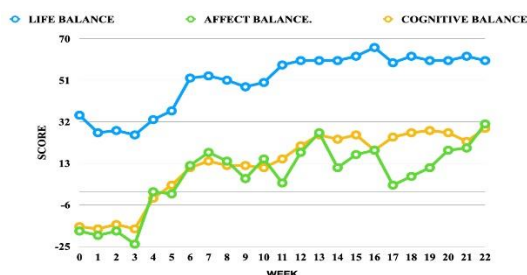


Table 12: Changes in the Friedman Well-Being Scale

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. Bob's well-being scores improved markedly over 22 sessions from a very low score of 25 at intake to a score of 56. Unlike the other measures his score never quite reached the average score for the scale of 63.

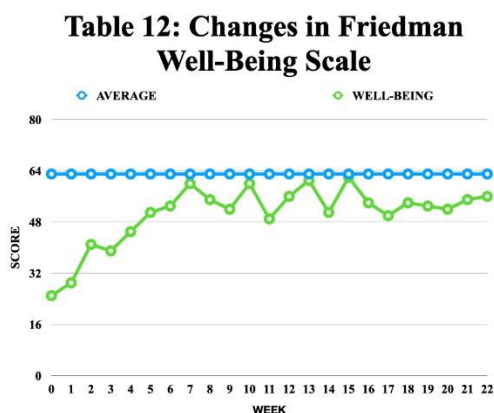


Table 13 Changes in VQ (Valuing Questionnaire)

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 (Acceptance and Commitment Therapy). Values are personal principles someone has chosen to guide their behavior. This table shows that Bob's scores on the VQ increased markedly from a low score of 22 to 52 over the 22 sessions.

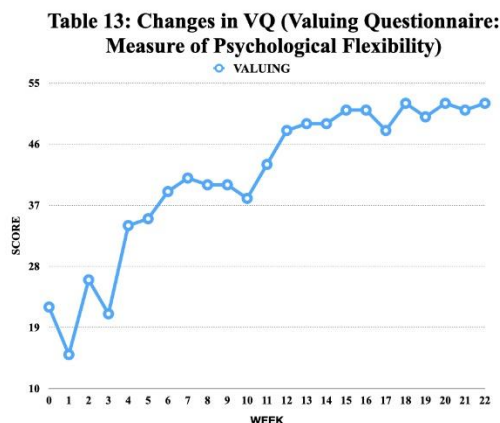


Table 14: Changes in the Friedman Spiritual Awakening Scale

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) Bob's scores changed from a low score of 20 to a score of 50 at the 22nd session. In this case, it took 17 sessions before Bob reached the average score of 55 on the spiritual awakening scale before dropping down to 50.

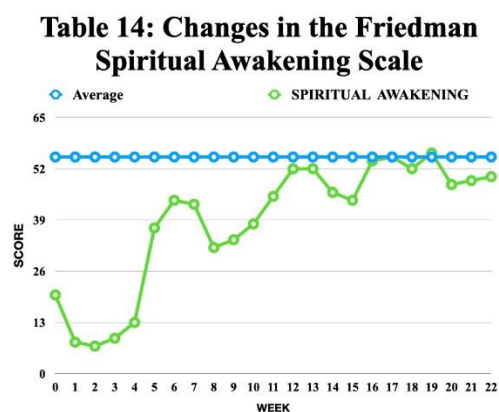


Table 15: Changes in Marital Satisfaction

The short CSI-4 is a four-item relationship satisfaction scale ranging from 0 to 21. Bob initially had a low score of 11 which increased to a much higher score of 17 at the 22nd session.

Table 15: Changes in the Marital Relationship (CSI)



Table 16: Changes in the Benefits of Therapy

The Benefits of Therapy assessment measures clients' subjective perceptions of how much they are benefiting from the therapy process on a 10-point scale. Bob showed a marked increase on the Benefits of Therapy scale from a score of five to a high score of nine at the 22th session. By the fifth session he already had a score of nine out of 10.

Table 16: Changes in the Benefits of Therapy

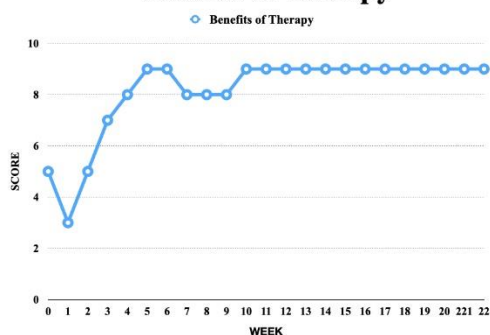


Table 17: Changes in Cognitive Fusion

Table 17 shows that on the Cognitive Fusion measure of psychological flexibility-inflexibility, Bob had a high score of 41 on Cognitive Fusion at intake but decreased to a low score of 11 at session 22. Cognitive Fusion is the tendency to believe that one's thoughts and reality are one and the same.

Cognitive Fusion (CF) occurs when people are entangled in their private experiences. Rigid patterns of CF are a risk factor for various forms of psychopathology. Acceptance and Commitment Therapy (ACT) emphasizes the relationship a person has with their thoughts and beliefs as potentially more relevant than belief content in predicting the emotional and behavioral consequences of cognition. High levels of Cognitive Fusion are considered a measure of psychological inflexibility. Within the ICBEST Model it would be considered a measure of Cognitive-Affective inflexibility. An average score was around 25 on this scale. Bob had reached a score of 17 at the eighth session. At this point and until the 22nd session he would have had much higher levels of Cognitive-Affective Flexibility.

Table 17: Changes in Cognitive Fusion (CFQ)

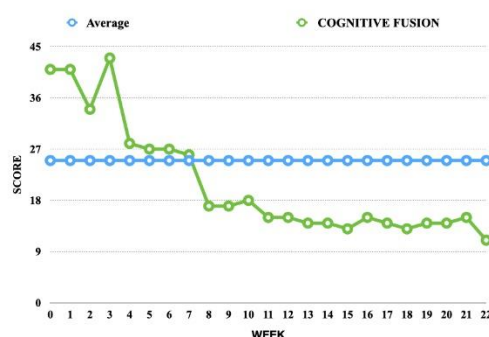


Table 18: Changes in AAQ-II (Experiential Avoidance)

Table 18 demonstrates changes in another measure of psychological inflexibility called Experiential Avoidance. According to Acceptance and Commitment Therapy (ACT) Bob had a high score of 41 on this measure at intake and gradually but consistently his scores decreased to 7 at session 22. At therapy session nine his score of 13 was in the lower range on psychological inflexibility according to the (ACT) model. Again, within the ICBEST

Model it would be considered a measure of lower levels of Cognitive-Affective Inflexibility. In other words, Bob was at that point showing Cognitive-Affective Flexibility.

Table 18: Changes in AAQ-II (Experiential Avoidance or Psychological Inflexibility)

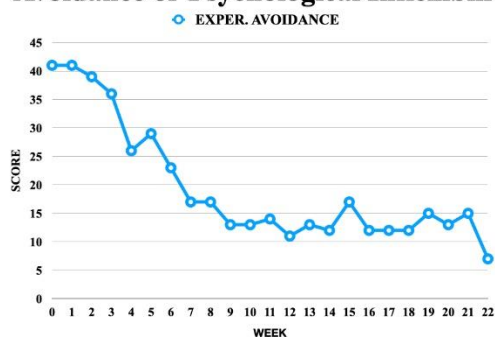


Table 19: Changes in CORE-10 Outcome Measure

Table 19 shows the CORE-10 outcome measures of change. (Barkham, M., et. al., 2013) The CORE-10 (Clinical Outcomes in Routine Evaluation) is a short easy-to-use 10-item assessment measure for common presentations of psychological distress, designed to be used for screening as well as over the course of treatment to track progress. The measure asks respondents to self-report symptoms over the past week. The CORE-10 outcome measure is a session-by-session monitoring tool with items covering anxiety, depression, trauma, physical problems, functioning and risk to self. A score of 25 on CORE-10 is high while a score of 4 is low. Bob's score decreased from 25 at intake to 4 at session

22.

Table 19: Changes in CORE10 Outcome

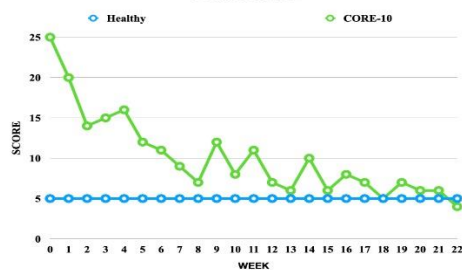


Table 20: Changes in the Outcome Rating Scale (ORS)

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. Bob's scores improved over the course of therapy from 14 to 26. He reached the average score on the ORS of 25 by the tenth therapy session.

Table 20: Changes in ORS Outcomes

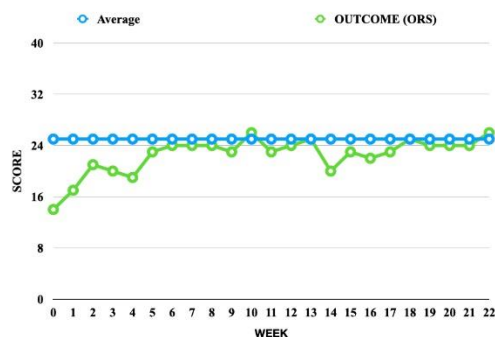
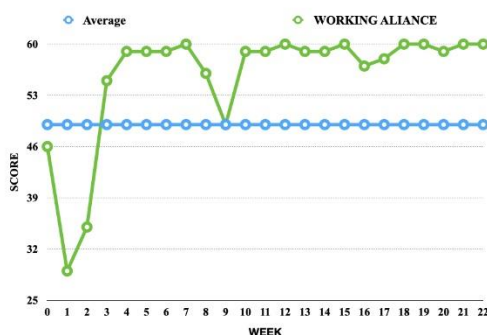


Table 21: Changes in the Working Alliance Inventory (WAI)

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 Bob's working alliance score was low at intake (46) and increased to 60, the highest possible score, by the 2nd session. He reached the average working alliance score of 49 by the third session after dropping down initially. He reached the maximum score of 60 by the seventh session.

Table 21 : Changes in the Working Alliance Inventory (WAI)



DISCUSSION

The purpose of this paper was to demonstrate how to track change digitally session by session during 22 sessions of psychotherapy on a variety of measures using the online programs Blueprint and Pragmatic Tracker. Bob completed digital assessments prior to each session using the online platforms.

The Cognitive-Affective Balance (CAB), the Cognitive-Affective Flexibility (CAF) and the Life Balance (LB) scales were used for measuring change.

Norman Bradburn (1969) introduced the concept of affect balance and well-being in the 1960's and Robert M. Schwartz introduced the concepts of cognitive-affective balance in the 1990s and early 2000's. I have been using Affect Balance and Cognitive Balance as key measures of clinical change for 25 or more years. I first demonstrated the usefulness of Affect

Balance and Cognitive Balance on the two following websites:

<https://integrativehelp.com/affective-balance-graph/>

<https://integrativehelp.com/cognitive-balance-graph/>

I find them extremely useful in assessing change, which is why I call them “key measures of change.” Measures of change should include both positive and negative poles of a dimension, such as affect or cognitions. The Life Balance measure 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. 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.

The paper also demonstrates the power of self-forgiveness in healing and change during psychotherapy. The client in this case study showed substantial progress on all the measures related to his goals. The article briefly examined the role of the working alliance during psychotherapy and the working alliance's relationship to therapeutic change during a successful case of psychotherapy. I explored changes in spiritual awakening that took place over the 22 sessions of the psychotherapy sessions and presented extensive case study data from the client's responses to the exercises in the *Forgiveness Solution* book (Friedman, 2010). Empirical measures were also used such as assessments of outcome, well-being, relationship/marital satisfaction, forgiveness, cognitive fusion and experiential avoidance.

CONCLUSION

This was a case study of one client. The Cognitive-Affective Balance (CAB), the Life Balance (LB) and the Cognitive-Affective Flexibility (CAF) scales used for measuring change may apply to many change processes and many cases of psychotherapy. Using the digital assessment systems developed by Pragmatic Tracker and Blueprint, it is relatively easy to monitor progress in these psychological and spiritual variables over the course of therapy, and to track change within a practice-based evidence model. Different interventions beyond the ones used with this client can be used and be accessible to this kind of digital assessment and feedback. This is a feedback-driven and practice-based evidence approach. Finally, forgiveness of self and others is likely to be a key intervention in most therapeutic processes. Further clinical and empirical research clearly needs to be conducted.

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Thank you

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

APPENDIX A:

Descriptions of the major interventions used in this case:

Accelerated Resolution Therapy (ART) is a newer form of psychotherapy developed by Laney Rosenzweig. It consists of the following components: bilateral eye movement stimulation, core beliefs, sensations and feelings, voluntary image replacement, the director scene, rescripting, scene matching, gestalt techniques, metaphors, shifting perspectives, positive imagery, healing trauma and sometimes spirituality.

Integrative Forgiveness Therapy (IFT) consists of eight principles of forgiveness based heavily on *A Course in Miracles*, forgiveness affirmations, forgiveness guided imagery, forgiveness-based letter writing and forgiveness-based gestalt-type empty chair exercises. They are collectively integrated into a powerful forgiveness healing process in the “Forgiveness Solution” book by Friedman (2010).

The Psychological Uplifter is part of the **Positive Pressure Point Techniques (PPPT)**, which is an offshoot of the Emotional Freedom Techniques (EFT). Both the Positive Pressure Point Techniques and the Emotional Freedom Techniques are Tapping Techniques. The client taps on a series of acupressure points after briefly holding in mind an emotionally charged image or feeling. Sometimes the Positive

Pressure Point Techniques utilize affirmations and sometimes not.

Guided Forgiveness Imagery (GFI) provides a series of images that clients can use to elicit situations that involve anger, guilt hurt, fear, etc. and the opportunity for forgiveness to eliminate judgments, grievances and attack thoughts towards themselves and others. Once these are eliminated then peace and harmony often follow. There are many forgiveness exercises in Friedman’s book *The Forgiveness Solution*. Guided imagery has been used for a very long time by many disciplines in the healing professions to elicit positive emotions and resolve conflict.

The FLASH technique 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. This provides an immediate experience of pleasure, or at least is positive and engaging (referred to as the Positive Engaging Focus). At certain points the therapist has the clients flash their eyes 4 to 5 times while describing the positive engagement focus. This is all done after the client has briefly established a distressing, emotional event, and given it a subjective units of disturbance (SUDS) rating from 0 to 10.

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.

Editor's Note: Dr. Friedman passed away on June 30, 2024.

John Freedom, CEHP

John Freedom, CEHP, is the executive director of Finding Recovery and Empowerment from Abuse (FREA), sits on the Board of Trustees of EFT International and has been the coordinator of research for the Association for Comprehensive Energy Psychology (ACEP) for many years. John teaches all over the world and is the author of *Heal Yourself with Emotional Freedom Technique*.

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