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## OBITUARY

**Philip Friedman, Ph.D**

**By John Freedom, CEHP**



Dr. Phil Friedman passed away Saturday, June 29, 2024.

Born October 4, 1941, he was the son of the late Leonard and Miriam (Solomon) Friedman, the loving husband of Teresa Molinaro-Friedman, and father of Matthew Friedman. Dr. Friedman received his B.A. from Columbia University in 1963 and his PhD from the University of Wisconsin in 1968 in clinical psychology. From 1968-1969 he was a NIMH postdoctoral fellow at Temple University Medical School in the Department of Behavioral Science studying behavior therapy, cognitive-behavior therapy and multi-modal therapy. For many years he served as Director of Training in Marital and Family Therapy at Jefferson Medical School and Community Mental Health Center where he was also an Assistant Professor. For over 16 years he was an adjunct Assistant Professor at Hahnemann University and Medical School in Philadelphia.

Throughout his life, Phil devoted his time and talents to the pursuit of helping others around him. He was deeply interested in spirituality as well as psychology, and spent many years actively involved in the “A Course in Miracles” community as well as the Siddha Yoga Meditation Center. Working as a clinical psychologist for many years, Philip was a member of both the American and the Pennsylvania Psychological Associations. He was also very involved in ACEP, and he was given ACEP’s Special Recognition Award in June 2023, which stated “The Association for Comprehensive Energy Psychology recognizes Philip Friedman for a lifetime of work developing methods for assessing health and promoting energy psychology.”

Phil was a student of positive psychology, and a colleague of Arnold Lazarus, Martin Seligman and Ed Diener, the noted happiness researcher. Inspired by his study with Lazarus, he developed an approach to therapy he called the ICBEST - Integrative, Cognitive, Behavioral, Energetic and Spiritual Therapy. He was also deeply interested in and committed to the study and practice of Forgiveness. His book *The Forgiveness Solution* was, in my opinion, one of the best books on the subject available. He highlighted the importance of forgiveness with his statement: “*Underlying every psychological condition, lies an issue of unforgiveness.*”

Phil was an active member of ACEP’s research committee, and was very helpful to me personally on numerous occasions. Endlessly curious, he was especially interested in measuring psychological characteristics and therapeutic progress, and over the years he developed several original psychological scales, including the Friedman Affect Scale, the Friedman Belief Scale, the Friedman Life Balance Scale and the Friedman Well-Being Scale. He was a student and practitioner of the Practice-Based Evidence (PBE) approach, and authored over 30 articles and case studies on these and related methods. The Friedman Life Balance Scale has been translated and validated in both Chinese and Turkish.

Of course, it is impossible to adequately summarize a man and his life in a few words. Phil was a gifted, sensitive soul with a wry sense of humor, who touched everyone he met. He will be warmly remembered and deeply missed by those of us who were fortunate to have known him.

<https://www.huffandlakjer.com/obituary/dr-philip-friedman>

<http://www.philipfriedman.com/>

**Bio:**

**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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