

How can counsellors effectively use metaphor to facilitate their clients process of forgiveness

Ann Watling



Heuristic Process

Heuriskein...

To discover and find
the essence of the
person in the experience

Engagement

Immersion

Incubation

Illumination

Explication

Creative synthesis



Forgiveness is giving up the hope
that the past could have been any
different

Letting go so that the past does not
hold you hostage

When you hold onto your history
you do it at the expense of your
destiny



Working with forgiveness in therapy

What is forgiveness and what isn't it.

Physiological effect of unforgiveness

Why is it so difficult to forgive?

Self CARE metaphorical model for working with emotional injury



Forgiveness is not

Forgetting



Forgiveness is not

Offering excuses or Condoning

the behaviour or the
action



Forgiveness is not
Reconciliation
or Repair



Forgiveness is not

Giving
permission
to reoffend
or rewound



Forgiveness is not

Ignoring

the action or the person



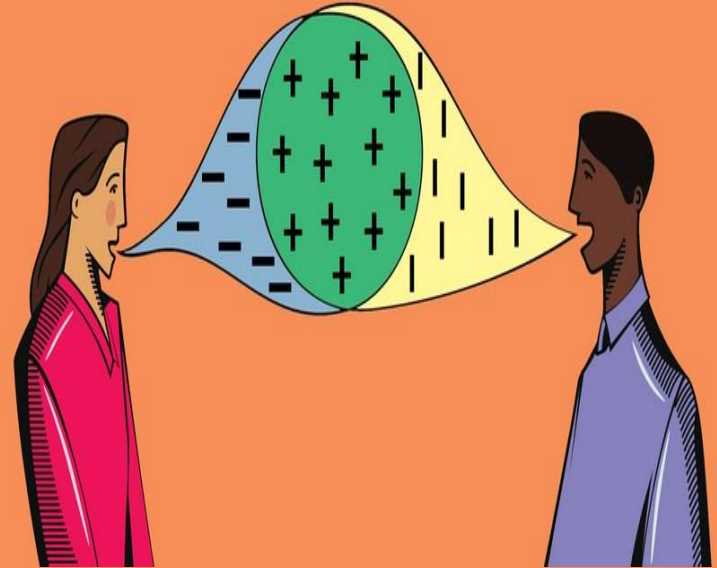
Forgiveness is not

Victimisation
of Self

The word "victim" is rendered in a 3D, torn-paper style font. The letters are white with black outlines and are set against a dark, gradient background. The word is slightly tilted and has a soft shadow beneath it, giving it a three-dimensional appearance.

Forgiveness is not

Empathising



Forgetting

Offering excuses

Reconciliation or repair

Giving permission to re-offend

Lgnoring

Victimisation of self

Empathising

For you not the offender

Openness with self

Release from the past

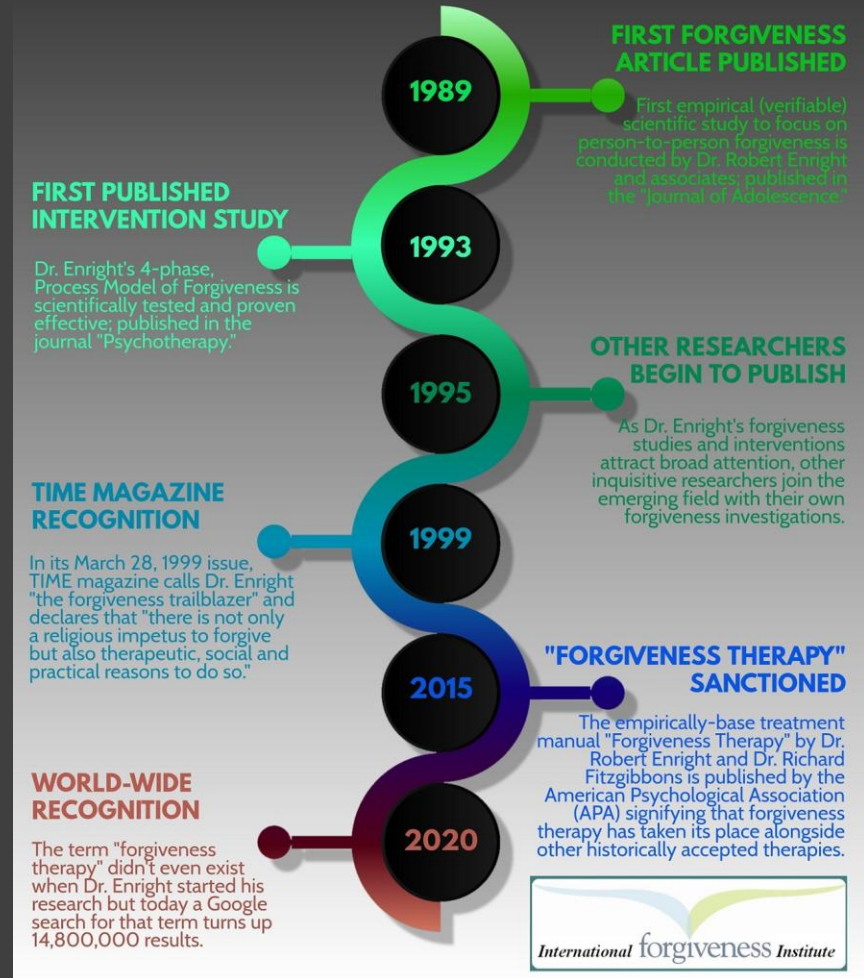
Giving up resentment & bitterness

Lnitiating change

Validating the emotional injury

Enabling movement forward

The history of forgiveness therapy



BLOCKS TO FORGIVENESS

Anger

wanting
Justice

Unresolved
pain from
previous wounding

Fear

Conflict
with
personal beliefs
morals or
family values

Low self esteem
I don't deserve to feel
respect

Confusion

Rage

Misunderstanding
of what forgiveness is

Pride

Jealousy

Just Can't!

When harm is
intentional

Lack of accountability
by offender

Can't rebuild
trust

Ongoing
transgression

Resentment

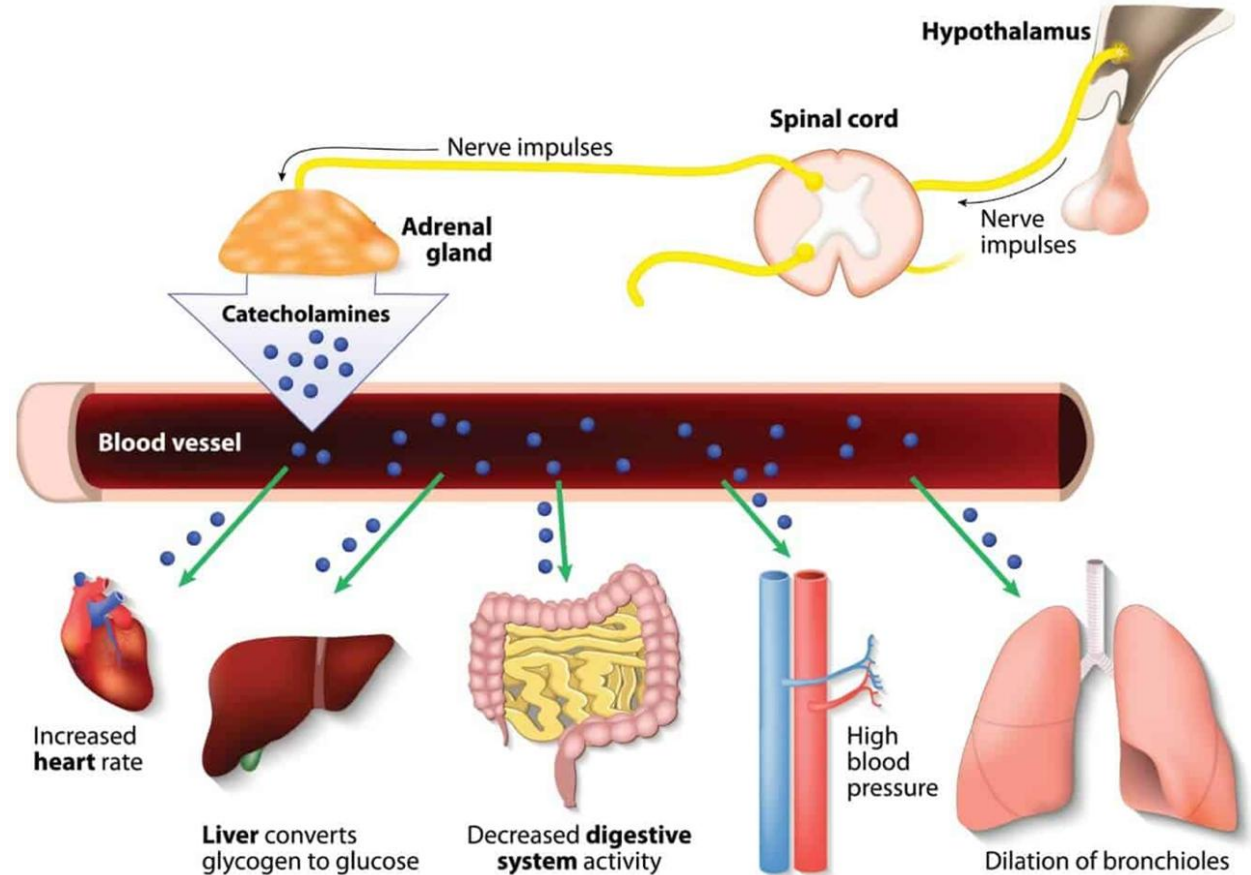
Vulnerability

Reasons for forgiving

- Reduction of anger
people often get angry
for any reason have
issues associated
with forgiveness
- Increase in self-
esteem
- Lowers Blood
pressure
- Heart disease risk
reduces

- Improved pain control
/management
- Raises immunity
- Reduction in
depression and anxiety
- Significant
improvement in sleep
- Reduced risk
of diabetes
(*impaired glucose
tolerance*)

The activation of the stress system



Enright forgiveness Process



Restorative Justice



Restorative justice focuses on addressing the harm caused by a crime while holding the offender responsible for their actions.

The approach provides an opportunity for the parties directly affected - victims, offenders and communities - to identify and address their needs in the aftermath of a crime.

Can fulfil victims' symbolic needs for status and power following interpersonal transgressions

(Shnabel & Nadler, 2008)

Provides victims with the opportunity to decide how to resolve the transgression

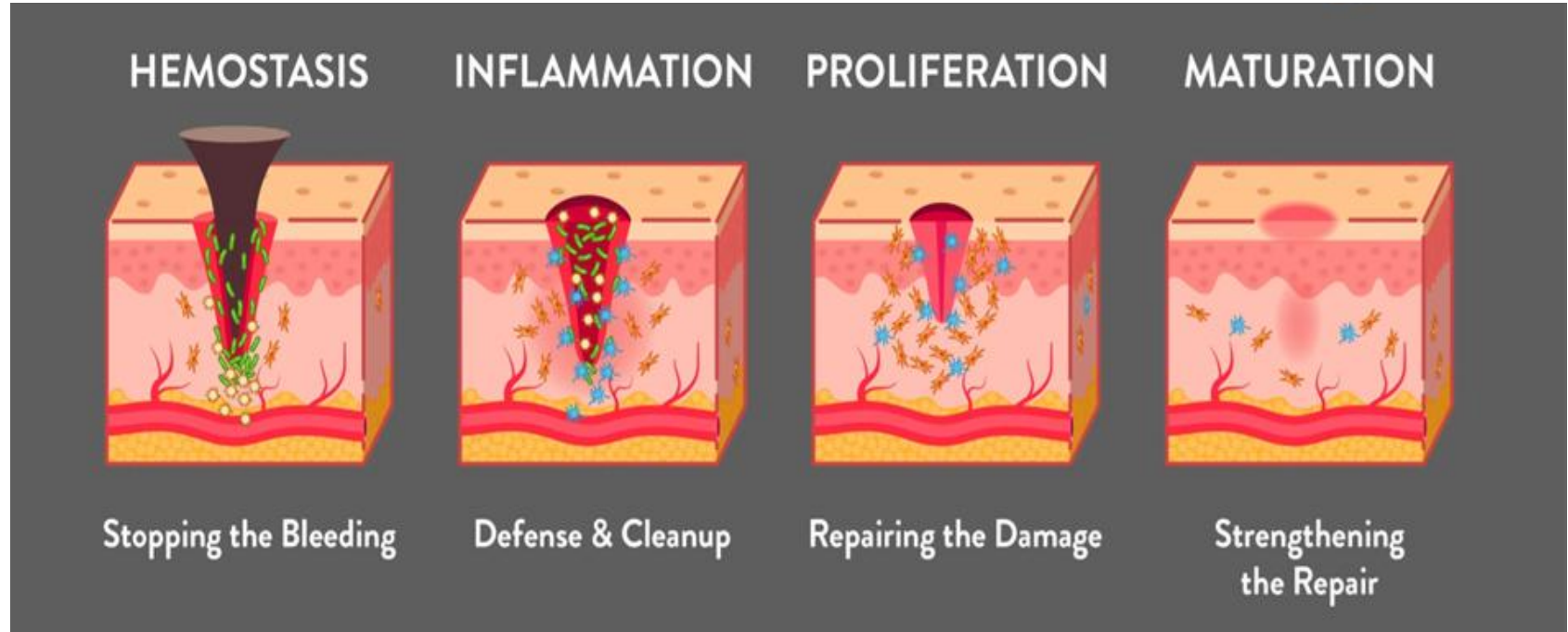
(Raj & Wiltermuth, 2016).

Self C.A.R.E.

metaphorical model
of forgiveness

Self C.A.R.E.

Four stages of wound healing



Self C.A.R.E.

Types of Wounds



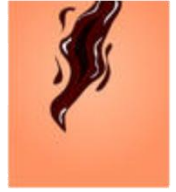
cut



stab



stab and cut



torn



bitten



chopped



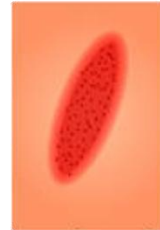
crush



hurt



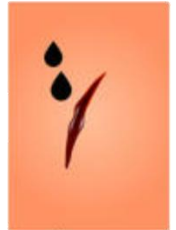
firearms



scalped



surgery



poisoned

Self C.A.R.E.

Types of Wounds

Important to find out

- Where on the body
- Instrument present
- Depth
- Shape
- Colour
- Weeping /infected
- Open /closed
- Has it been covered and with what – why

Self C.A.R.E.

Choice

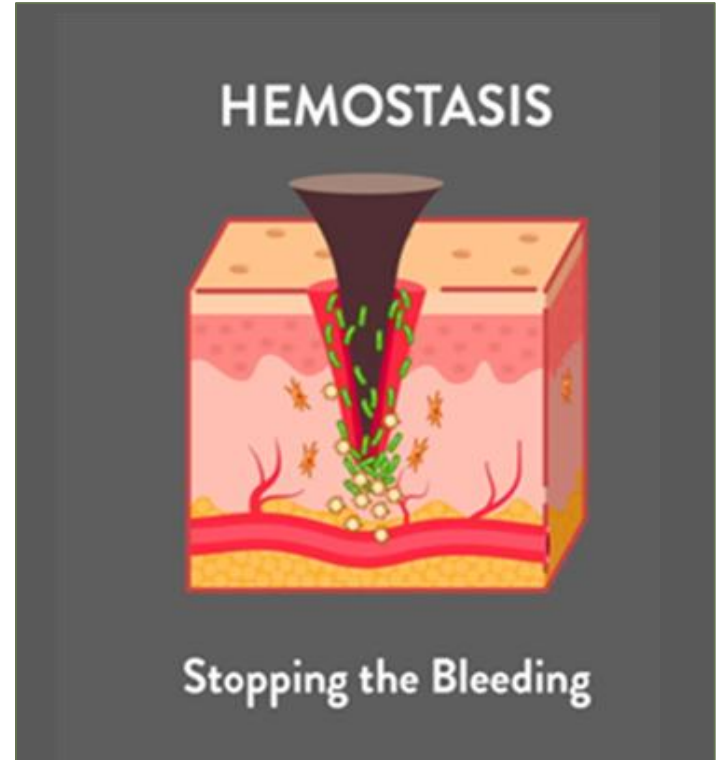
explore the wounding

Commit

to the healing process

Compassion

towards self



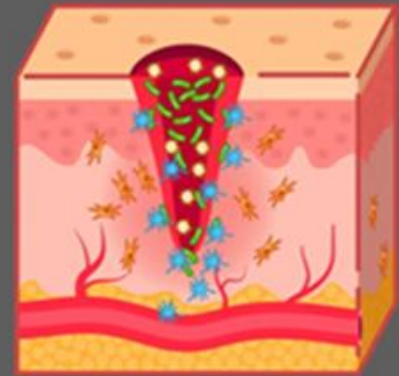
Self C.A.R.E.

Activate
painful emotions

Allowing
of pain, anger, grief

Acknowledge
the unmet need (key factor)

INFLAMMATION



Defense & Cleanup



I needed to feel celebrated,
I needed to feel special

I needed a space I called my own,
I needed a space where I was
physically comfortable.

I needed a space where I felt safe.
I needed to be kept safe from harm
/others

I needed company.
I needed to be left alone.
I needed to be believed and trusted

I needed to be protected.
I needed someone to come to
my defence,

I needed to be able to express
who I am.
I needed to feel accepted for
who I am.

I needed to feel that I belong(ed),
I needed to connect meaningfully.
I needed to know I was loved for
who I am

I needed my physical, emotional,
and sexual boundaries to be
respected /protected/defended

I needed someone to help
me understand the difference
between right and wrong.

I needed to be considered
and valued.
I needed to be taken seriously

I needed to be able to make
and learn from my mistakes
and not be punished
I needed to be looked after
properly.

I needed to be cared
for and comforted when
I was ill.
I needed to be nurtured.

I needed cuddles and soothing;
I needed to feel included.
I needed to have fun

I needed to have freedom.
I needed to have freedom from the
responsibility of caring for others.

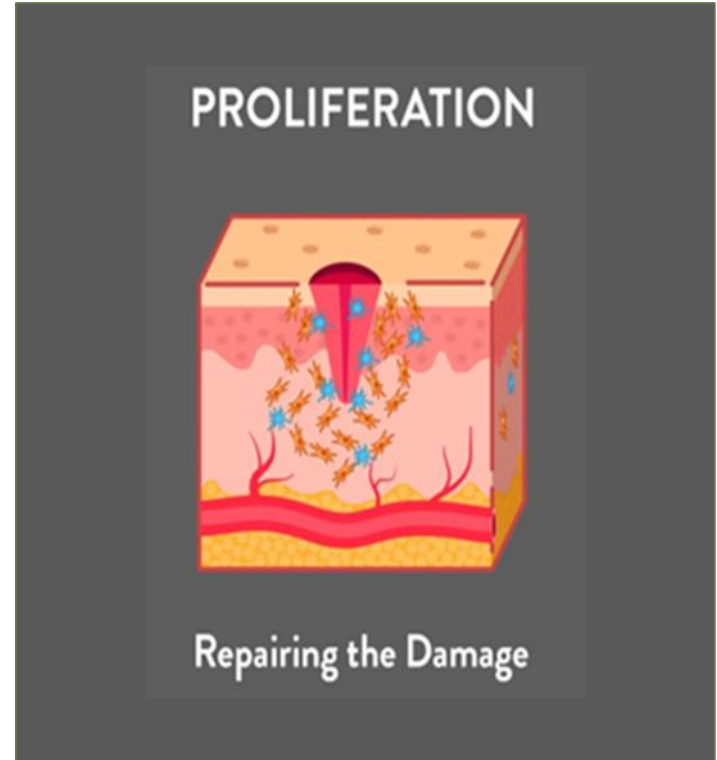
Self C.A.R.E.

Rebuilding identity

*Ritual letter writing, taking the
wounder to court(metaphorically)*

*Releasing the emotional injury bond
unforgiveness*

*The client chooses to complete the
healing and progress to forgiveness*



Understanding Emotional Injury Bonds

Formation of Unhealthy Attachments

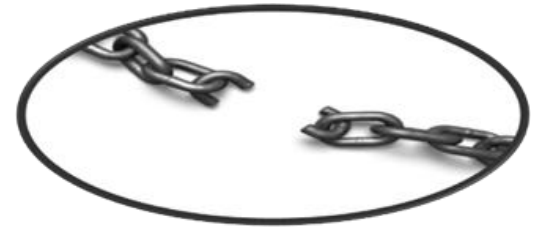
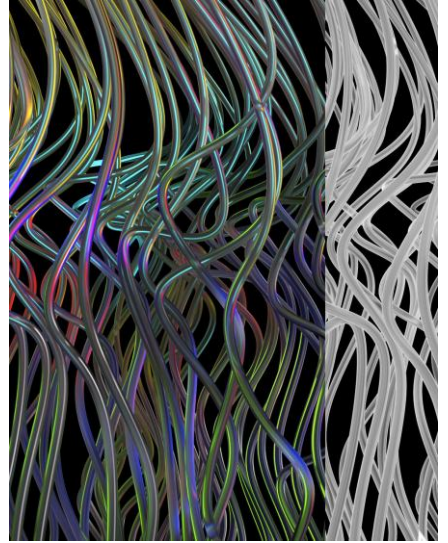
Negative experiences can create strong emotional bonds, often resulting in unhealthy and dependent relationships.

Cycle of Dependency

Emotional injury bonds can lead to repetitive cycles of dependency, making it challenging to escape harmful patterns.

Healing and Personal Growth

Recognising and addressing these bonds is crucial for emotional healing and fostering personal growth.



Emotional Injury Bonds

Releasing the emotional injury bond

Naming the bond: Offering language and metaphor for what was previously diffuse or complex to describe



Unblending:

Using internal family systems (IFS) or parts-based work to separate the wounded part from the internalized injurer Victim – validated - aued



Reclaiming boundaries:

Supporting the client in re-establishing Ritual may be needed

Self C.A.R.E.

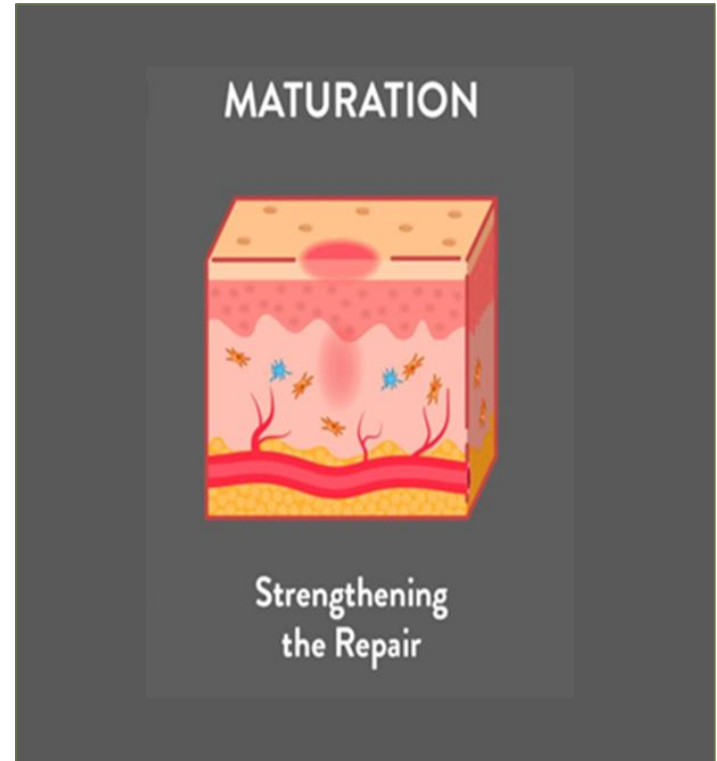
Emotional Forgiveness

Empowerment freedom from the wounder

Enlightened meaning or the purpose of the wounding

Empathy self self-nurturing of the unmet need and empathy towards the wounder

Enlightenment and empathy/understanding of the wounder may not be possible in the case of heinous crimes to the wounded.



Self C.A.R.E. model

