

## Menu of Strategic Directives or Techniques to Heal Wounds

<i>Recommended Undercurrent Techniques to Heal "Trauma or Wound" Seeds</i>	
<i>Healthy Undercurrents-(bold)</i>	<i>Recommended Process Techniques</i>
<p><i>(Unresolved Grief and Loss)</i></p> <ul style="list-style-type: none"> <li>• <i>Grief Education/Resolution</i> Person must do a good job saying goodbye...and must have healthy ways to talk about the loss.</li> </ul> <p><b>See Appendix A</b></p>	<ol style="list-style-type: none"> <li>1- <i>Externalizing the Grief</i></li> <li>2- <i>Balloon Letters of Good-Bye Movie</i></li> <li>3- <i>Moving Forward Into the Future and Reclaiming the Past</i></li> <li>4- <i>Before and After Grief Movie Filmmaking</i></li> <li>5- <i>Healing Stories</i></li> </ol>
<p><i>(Betrayal or Abandonment)</i></p> <ul style="list-style-type: none"> <li>• <i>Security/Unconditional Love</i></li> </ul> <p><b>See Appendix B</b></p>	<ol style="list-style-type: none"> <li>1- <i>Puppet Show</i></li> <li>2- <i>Cups and Self-Worth</i></li> <li>3- <i>Redemptive Conversation</i></li> <li>4- <i>Helping Others</i></li> <li>5- <i>Positive Parent or Teen Report</i></li> <li>6- <i>The \$20 Dollar Bill</i></li> </ol>
<p><i>(Unresolved Deep Traumatic Events)</i></p> <ul style="list-style-type: none"> <li>• <i>Closure or Support</i></li> </ul> <p><b>See Appendix C</b></p>	<ol style="list-style-type: none"> <li>1- <i>Arrows to the Heart</i></li> <li>2- <i>Forgiveness Chair</i></li> <li>3- <i>Eco-Maps and Town Meetings</i></li> <li>4- <i>The Cassette of Childhood</i></li> <li>5- <i>Lion King Movie</i></li> </ol>
<p><i>(Family Secrets)</i></p> <ul style="list-style-type: none"> <li>• <i>Openness/Reveal Secrets</i></li> </ul> <p><b>See Appendix D</b></p>	<ol style="list-style-type: none"> <li>1- <i>Prince of Tides</i></li> <li>2- <i>Pretending to "Not Know"</i></li> <li>3- <i>Externalizing the Secret – The Garbage Bag</i></li> </ol>
<p><i>(Lack of Forgiveness/Bitterness)</i></p> <ul style="list-style-type: none"> <li>• <i>Forgiveness/Reconciliation</i></li> </ul> <p><b>See Appendix E</b></p>	<ol style="list-style-type: none"> <li>1- <i>The Apology</i></li> <li>2- <i>Sculpting</i></li> <li>3- <i>Empty Chair</i></li> <li>4- <i>Random Acts of Kindness</i></li> <li>5- <i>Prayer and God</i></li> <li>6- <i>Non-Violence Pledge</i></li> <li>7- <i>The Heart Transplant</i></li> </ol>
<p><i>(Lack of Consistent Nurturance)</i></p> <ul style="list-style-type: none"> <li>• <i>Restoration of Consistent Nurturance</i></li> </ul>	<ol style="list-style-type: none"> <li>1- <i>Special Outings</i></li> <li>2- <i>Positive Person Report</i></li> <li>3- <i>Use of Hugs</i></li> <li>4- <i>Spiritual Anchors</i></li> <li>5- <i>Dramatic Movie Clips</i></li> <li>6- <i>The Gift</i></li> </ol>

## Appendix A: Sample Wound Workbook Templates for Unresolved Grief

(Unresolved Grief and Loss)

- **Grief Education/Resolution**

Person must do a good job saying goodbye...and must have healthy ways to talk about the loss.

- 1- **Externalizing the Grief**

- 2- *Balloon Letters of Good-Bye*

- 3- *Moving Forward Into the Future and Reclaim the Past*

- 4- *Before and After Grief Movie Filmmaking*

- 5- *Healing Stories*

### 1- Externalizing the Grief

#### Externalizing the Grief Problem: A Therapist Playbook

- For additional information read *Narrative Means to Therapeutic Ends* by White and Epston (1990)
- “Externalizing the problem” is the use of specialized questions to frame the problem as a living breathing organism outside of the person so that everyone in the family (including the teenager) can see new possibilities for change. The perspective is changed from “How is the problem gaining more control over the client to How can the client & family come together to gain control over the problem?”
- Therefore, instead of a child who is grief stricken (internal) the grief is reframed as an “unresolved grief monster” that is taking over the happiness of everyone and must be stopped!

#### Therapist Playbook Procedures

Before the session, the therapist assembles the following materials: (1) Two water bottles with a cap that are halfway filled with water; (2) A pitcher of water; (3) Dark food coloring or a colored tablet; (4) A rock that is painted green. Put the food coloring into the pitcher of water until it is a dark black.

The therapist begins the session with this statement.

“Another way to look at this grief and sadness that will not go away is to pretend that it is like this water bottle (hold it up). As you can see, this water bottle is filled up with clean and pure water. This is the water that was in your family before the tragedy of (name the even) struck. The tragedy was like a giant Cobra snake with fangs of venom that bit into your arms and deposited a large amount of poison in your blood stream (have everyone point to the veins in their arm). This venom was poured into your family’s water bottle and contaminated the clean and pure water [Have the client take the pitcher of food colored water and pour it into the water bottle until the water goes dark in color]. Over time this poison has inflected you and not allowed you to grieve or let go. It needs to be sucked out and drained like pus in the arm. This unresolved grief monster is slowly killing everyone’s happiness and joy for living”.

After this statement, the therapist follows up with these specialized externalizing questions:

- How does this grief monster make a mess out of your life [the client’s]? Everyone else’s?
- How has the grief monster negatively affected relationships with one another? [Give examples]
- How has the grief monster alter your day to day living? How have you started accommodating to it?
- Has this grief monster overstayed its welcome and should it be kicked out? Why or Why not? *(If they want to kick it out have several member actually kick the water bottle out of the family)*

After these questions, the therapist makes the following statement:

“Now that we know how the grief monster lives and grows, we must discover how to defeat it

and drain its super powers. Let's pretend this green rock represents Kryptonite or the only rock that could drain Superman's powers [place it right next to the water bottle in the middle of the circle]. Watch how the water bottle with the snake venom shakes with fear [playfully shake the bottle with sound effects]. Knowledge is power and this grief monster definitely does not want you to discover the keys to turn on the power of this Kryptonite like a light switch."

After this statement, the therapist follows up with these specialized externalizing questions:

- During all these months or even years give me an example of one or several days that the grief monster was defeated or its powers lessened? What exactly happened and how was the monster defeated? If you don't know please guess.
- What are some sneaky ways or things we can do in the future differently to take away the grief monster's powers? I will write everyone's answers on the flip chart and give some of my ideas

The ideas generated from these questions should then be prioritized and rank ordered from the best to worst ideas.

The best ideas should then be written up as plans of action in a wound handbook format of who, what, when, where, and how.

## Appendix A: Sample Wound Workbook Templates for Unresolved Grief

(Unresolved Grief and Loss)

- **Grief Education/Resolution**

Person must do a good job saying goodbye...and must have healthy ways to talk about the loss.

1- *Externalizing the Grief*

2- **Balloon Letters of Good-Bye**

3- *Moving Forward Into the Future and Reclaim the Past*

4- *Before and After Grief Movie Filmmaking*

5- *Healing Stories*

### 2- Balloon Letters of Good-Bye

#### Balloon Letter of Good-Bye for Sally

**Who?**- 12-year-old Sally and Her Mom

**What?**- Sally has not been able to say good-bye or grieve the loss of her father who died suddenly in a car accident.

**When?**- Sally and mom have agreed to visit the grave site together next Saturday between 9am and 12pm and use the balloon letter technique to say good-bye.

**Where?** – The grave site at the Shady Pines Cemetery

**How?** – Using the Balloon Step-by-Step Strategies We Came Up With Below:

- #1 – Sally and her mom were asked to create a good-bye card. They choose to write separate cards. They were asked to write out all the things they will miss about their dad or husband and to say good-bye. They will begin the card in the therapist's office and/or take it home to complete it.
- #2 – After the card is completed the following steps will occur:
- The therapist will meet with the family at the cemetery and ask Sally and her mom to read their letter aloud
  - Sally and her mom will then tie the cards to a helium-filled balloon and the balloon is released to go up to heaven
  - As the balloon floats away to "heaven" the therapist's prompts discussion of "where to go from here" with the following suggested questions:
    - (prompt the mom to ask Sally) What are you feeling right now as the balloon floats up? Therapist then asks the question to mom.
    - How can you keep dad's memory alive?
    - How important to you is it that you "keep the connection" with the loved one, and how can you go about this?
  - After the balloon exercise is complete the therapist will assess if Sally's symptoms have dissipated. If not, the therapist will determine with Sally's mom possible next steps.

## Appendix A: Sample Wound Workbook Templates for Unresolved Grief

<p>(Unresolved Grief and Loss)</p> <ul style="list-style-type: none"> <li>• <b>Grief Education/Resolution</b>  <small>Person must do a good job saying goodbye...and must have healthy ways to talk about the loss.</small></li> </ul>	<ol style="list-style-type: none"> <li>1- <i>Externalizing the Grief</i></li> <li>2- <i>Balloon Letters of Good-Bye</i></li> <li><b>3- <i>Moving Forward Into the Future and Reclaim the Past</i></b></li> <li>4- <i>Before and After Grief Movie Filmmaking</i></li> <li>5- <i>Healing Stories</i></li> </ol>
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### 3- Moving Forward into the Future and Re-Claiming the Past

<p><b>Task #1 Opening the door to the future</b>  <b>Who:</b> Mom and Mary  <b>What:</b> Re-decorate mom’s bedroom that she shared with Mary’s father  <b>When:</b> Will begin immediately by opening wide the door and leaving it open. Then will proceed through the steps below.  <b>Where:</b> At home  <b>How:</b> Mom and Mary will go home and immediately open the door before either one of them chicken’s out. They will also begin to look in magazines and catalogs that they have at home for new furniture to go into the room.  <b>Steps to Opening the door to the future:</b>                  #1: Mom and Mary will together open up mom and dad’s bedroom to let the sunlight shine in.                  #2: Mom and Mary will go through Dad’s personal possessions (including clothing) to select items that they want to keep in remembrance. The rest of the clothing will be taken to the local charity in order to help people who are less fortunate. Also, the furniture will be donated to Catholic Charity.                  #3: Mom and Mary will go to the local store to find “cheery” paint and furnishings to re-decorate the bedroom in a style that mom likes.                  #4: Mom and Mary will work together until the room is completed and mom has moved back into her “new” bedroom.</p>	<p><b>Task #2 Re-claiming the past</b>  <b>Who:</b> Mom, Mary, Mary’s grandparents  <b>What:</b> Go fishing together in memory of what Mary and her dad used to do together  <b>When:</b> Every other Saturday as long as the weather is agreeable  <b>Where:</b> Mary’s grandparents pond – the place where Mary’s fondest memories of her dad are  <b>How:</b> Mary and her mom and grandparents will agree to meet at the pond one Saturday of each month to fish and relax together, weather permitting. They also all agree to not let anything other than an emergency stand in their way of this commitment.</p>
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## Appendix B: Sample Wound Workbook Templates for Security/Unconditional Love

<p>(Betrayal or Abandonment)</p> <ul style="list-style-type: none"> <li>• <b>Security/Unconditional Love</b></li> </ul>	<ol style="list-style-type: none"> <li>1- <i>Puppet Show</i></li> <li>2- <i>Cups and Self-Worth</i></li> <li><b>3- <i>Redemptive Conversation</i></b></li> <li>4- <i>Helping Others</i></li> <li>5- <i>Positive Parent or Teen Report</i></li> <li>6- <i>The \$20 Dollar Bill</i></li> </ol>
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### 3-Redemptive Conversations

#### **Parent-Child Conversation Redemptive Conversation Workbook**

According to Cloud and Townsend (2005) in the book entitled *Difficult Conversations*, the following are the three major ways that people confront one another:

- #1- "You Got Me, Now I'm Going to Get You Back"
- #2- "Wipe the Slate Clean" – Forgive and Move Forward
- #3- Redemptive Conversations- We're all in this together as a team

These authors state that almost all caustic communications or bitter arguments are the result of the "you got me, now I'm going to get you back" confrontational style. **In turn, this can lead to an undercurrent of betrayal or abandonment**

#### Rules of Engagement

Step #1: Boundaries- Same- Ask your child to go to a quiet place without distractions. [List Places Here](#)

Step #2: *Soft Start-Up Combined with Team Statements*- DO NOT ATTACK YOUR CHILD VERBALLY=  
*Failure Rate is 96% if you do!* -COMPLAIN BUT DON'T CRITICIZE

#### *Examples:*

Criticism= Harsh Start-Up – Same Framework

- "Here we go again. You never do the chores like I ask. You are so lazy and worthless"

Complaints (Focus on the Behavior Not the Person) = Soft Start-up with "When You Do "A", I Feel "B"

(Introduction) "Before I tell you why I am upset, I want you to know that I care about you. I know that it doesn't always seem that way. We have got to find solutions together. I cannot do it alone".

- (When you do A, I Feel B Format) "When you did not do your chores at the time you said, I feel upset and it damages our trust" "Do you understand how I might feel this way?"

TROUBLESHOOT *Repair* – [with the exception of adding exit and wait] Hey let's come up with a playful word that you can tell me as my son that remind me that I need to start over with a soft start-up. If we are mad let's exit from the argument and calm down for 15 minutes and meet again

Step #3: *Validate-NO SHUTTING DOWN OR STONEWALLING*

- After each complaint, the parent teaches the child to summarize what parent said and to validate it:
- "What I hear you saying is.....Am I close or way off?"

Step #4 : *Apology and Accountability:*

- APOLOGY- After validating, an apology is asked for and WHY? With children and teens they may not be mature enough yet to apologize or have it mean anything.
- ACCOUNTABILITY – However, while the child or teenager may not be able to apologize they still need to be accountable-See behavioral contracting to use a reward or punishment system for accountability.

## Appendix B: Sample Wound Workbook Templates for Security/Unconditional Love

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### 4- Helping Others

<b>Helping Others Wound Workbook</b>
<p><b>1-</b> The basic premise of this technique is literally “when you help others you help yourself”. If someone feels betrayed or abandoned one of the best ways to heal is to take one’s mind off of one’s own problems by helping others less fortunate.</p> <p><b>2-</b> In this case, the teenager is asked to volunteer at a senior citizens home, a children’s hospital, or homeless shelter in the form of community service.</p>
<p><b>Who?</b>- John and his mother</p> <p><b>What?</b>- John will be asked to spend 8 hours a week helping those less fortunate than himself. If he agrees he will receive an allowance or use the time to receive an extended curfew.</p> <p><b>When?</b>- Tuesdays after school and Sunday afternoon</p> <p><b>Where?</b>- Volunteers at the local homeless shelter, children’s hospital, animal shelter, or senior citizen’s home</p> <p><b>How?</b>-</p> <ul style="list-style-type: none"> <li>• Mom will contact the director of each of these agencies and pre-screen their willingness to help out.</li> <li>• If there is an opening, John and therapist will practice role playing what to say at the interview.</li> <li>• John will go on the interview and start working</li> <li>• After two weeks John and his mom will meet with the therapist to talk about the experience and how helping others is changing how John feels about himself.</li> </ul>



## Appendix C: Sample Wound Workbook Templates for Closure and Support

(Unresolved Deep Traumatic Events)

- **Closure or Support**

- 1- **Arrows to the Heart**
- 2- *Empty Forgiveness Chair*
- 3- *Eco-Maps and Town Meetings*
- 4- *The Cassette of Childhood*
- 5- *Lion King Movie*

### 1- Arrows to the Heart

#### Arrows to the Heart: A Therapist Playbook

- The basic premise this intervention is to visually show the client how traumatic events are like arrows to the heart that must be pulled out if healing in the present and future can take place.
- Whenever possible, the therapist should begin with self-disclosure of their wounds and arrows to make it then safe for the client to do so.

#### Therapist Playbook Procedures

- Before the session, the therapist purchases four to five arrows from the store
- The therapist begins the session with this statement.  

“It is normal for everyone to go through life experiencing one or more deep traumatic events. What separates those that heal and move on and those that don’t will be made clear by using these arrows [hold them up in the air]. To help you better understand how these arrows work I as your therapist will go first and self-disclose a deep and traumatic event in my own life. Then I will ask you to tell me about yours.”
- The therapist then proceeds to describe a personal traumatic event that affected them.
- As the story unfolds, the therapist will use the arrows as props through this kind of statement:  

“My personal traumatic event is this [briefly describe what happened]. Right as this traumatic thing was happening it was as if a poison tipped arrow was shot into my heart (put an actual arrow in your heart). And if I didn’t remove it the arrow would poison my blood and over the years turn to scar tissue and an unhealed wound. Until these arrows were removed, I could not get at the root of the problem and my surface problems would never heal no matter what I did. My arrows also covered my eyes and distorted how I saw others. The first step in the healing process was to A-Locate my arrows and where they came from and B-Learn how to remove them”.
- If the therapist removed their arrows, they should reveal to the client how they did it-If not, proceed to the next step.
- The therapist then either hands the arrows to the parent or caregiver to go next. This is the safer play before asking the adolescent to go. It is a less threatening approach.
- After each person reveals their arrows, the therapist will then proceed to outline the “now what?” steps to remove the arrow through one of more of the techniques in this book.



## Appendix C: Sample Wound Workbook Templates for Closure and Support

<p>(Unresolved Deep Traumatic Events)</p> <ul style="list-style-type: none"> <li>• <b>Closure or Support</b></li> </ul>	<ol style="list-style-type: none"> <li>1- <i>Arrows to the Heart</i></li> <li>2- <b>Empty Forgiveness Chair</b></li> <li>3- <i>Eco-Maps and Town Meetings</i></li> <li>4- <i>The Cassette of Childhood</i></li> <li>5- <i>Lion King Movie</i></li> </ol>
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### 2- Empty Forgiveness Chair

<b>Empty Forgiveness Chair Wound Workbook</b>
<ol style="list-style-type: none"> <li>1- The basic premise of this technique is help the person let go of the past by forgiving the person who wronged them.</li> <li>2- It is used when the person who wounded the client is dead, no longer available to be present, or their presence would only further traumatize the person.</li> <li>3- Finally, this technique incorporates the spiritual side of forgiveness or letting the pain be released to a higher power or what the client perceives this to be.</li> </ol>
<p><b>Who?</b>- Jeff and His Dad Who Left Home when He was 12-years-old</p> <p><b>What?</b>-Jeff and the therapist will work together to use the empty forgiveness chair. Jeff did not want his mom present.</p> <p><b>When?</b>- Next Wednesday During Session</p> <p><b>Where?</b>- At the therapist's office</p> <p><b>How?</b></p> <ul style="list-style-type: none"> <li>• On a separate paper make a list of all the things Jeff's dad did or said to hurt him.</li> <li>• Along with this information write down the messages that you perceived about yourself from the actions or attitudes of your dad. (The feelings or beliefs related to your self-image)</li> </ul> <p>Once Completed Follow These Steps:</p> <ol style="list-style-type: none"> <li>1. Look at the empty chair and call the person's name that offended or hurt you as if they were actually in the chair.</li> <li>2. Tell the person specifically what they did to hurt you (actual offence).</li> <li>3. Tell the person the messages you received about yourself (feelings/beliefs) as a result of what they did to you.</li> <li>4. Now forgive the person:</li> </ol> <p>"I forgive you, _____."</p> <p>"The debt you owe me for the emotional and/or physical hurt you inflicted on me is cancelled / paid in full and is given up to my higher power, God, Jesus, etc."</p> <p>"You owe me nothing further."</p> <p>"I release you from further payment for the injuries to me."</p> <p>Note: Avoid saying "I want to . . . I would like to . . ."</p>

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5. Now receive / accept the person and release your right to have them change.

“I surrender my right to see \_\_\_\_\_ change to what I want them to be or do in my life to meet my felt needs.

6. Finally, address the fears of future hurts from remembering more past offences or facing new offences by those with whom you still have contact.

“I am willing to risk being hurt again by you or others because I can now forgive”

## Appendix D: Sample Wound Workbook Templates for Family Secrets

(Family Secrets)

- **Openness/Reveal Secrets**

1- **Prince of Tides**

2- *Pretending to "Not Know"*

3- *Externalizing the Secret – The Garbage Bag*

### Prince of Tides: A Therapist Playbook

- The basic premise of this intervention is to use specially selected video clips from the movie *Prince of Tides* (starring Nick Nolte and Barbara Streisand) to raise the family's awareness of the destructiveness of family secrets
- Move the family from the precontemplative to the contemplative and preparation stages of readiness.
- Raise the intensity high enough so that the family's secrets begin to come out after watching the selected clips OR the whole story around the secret is revealed fully.

#### Therapist Playbook Procedures

- Before the session, the therapist rents or purchases the movie *Prince of Tides*. *Please note: Since family secrets could come up spontaneously at any time it is highly recommended that you have a permanent copy inside your desk drawer just in case.*
- Go to the **Scene Selection** menu and select Scene 11. Also go to captions and select English or the language you are using- This will enable subtitles to come up and make the video clips more dramatic.
- Please note: The video clip is powerful and is broken down into these mini scenes below:*
  - Scene 1: The scene begins with Tom, played by Nick Nolte, telling his sister's psychiatrist Lowenstein, played by Barbara Streisand that he is finally ready to reveal the dark family secret that is causing his sister Savannah to try to kill herself.

Tom's sister Savannah has tried to kill herself multiple times since the age of 12 years old (she is now 43 years old). To stop the suicide attempts and heal the wound, the psychiatrist must locate and find the dark family secret that no one will talk about. The secret is so traumatic that Savannah's mind has blocked out the memory. Therefore, Tom is called in to serve as his sister's memory.

  - Scene 2: The next scene is a flashback to Tom and Savannah's childhood of when the dark family secret was created. As the scene unfolds, the viewer sees the traumatic event and the secret. The event was three escape convicts who broke into the home on a stormy night and raped Savannah, the mother, and even Tom. The oldest brother Luke shot the convicts in cold blood. The secret was that the mother told them to bury the convicts out back and never tell anyone. She told them if they told, she would stop being their mother.
  - Scene 3: The last scene shows the father returning home from his business trip and the family eating dinner as if nothing happened. We see that Savannah was so traumatized that she put on her dress backwards. At the end of the scene and when to pause the tape is when Tom utters the classic line, "God help me. The secrets were worse than the rapes".
- It is recommended that you show the three mini scenes back to back and without interruption. However, the rape scene is pretty graphic. Therefore, you will likely want to show the first part of the scene but fast forward past the rape scenes and have the clients close their eyes. Pick it up after the murders.

- Please use the following recommended script before and after the DVD video clip is shown depending on whether or not the secret has been already revealed or yet to be revealed.

Before the Scenes Are Shown if Secret Acknowledged and Shared

“The secret you shared earlier \_\_\_\_\_ [name secret here] has definitely contributed to the wound going unhealed. I want to show a short video clip from the *Prince of Tides* to illustrate in dramatic fashion what can happen if the secret is not fully fleshed out and resolved. We have touched on the secret but my gut tells me that we might have scratched the surface and we need to tell everything there is to know. Only then can the wound get aired out and healed. As we shall see in the movie, the reason why this is important is that any secret root not pulled out will eventually grow back like a weed that is pulled without the roots pulled as well. After the video, we can discuss your reactions and see if we can talk about the secret more fully.”

After the Scenes Are Shown if Secret Acknowledged and Shared

“What was your initial reaction?” “Can someone tell me how and why the secrets in this family’s life prevented both Tom and Savannah’s wounds from healing?” “What happened in therapy or what did Tom do to begin the healing process for himself?” “What will we need to say or do in the future to fully clean out your wounds?”

Before the Scenes Are Shown if Secret Unknown

“You shared on your wound handout that you suspect that there is one or several family secrets that may be causing or irritating the wound. But it has been difficult to talk about. Therefore, to jump start the process I wanted to show a short video clip from the *Prince of Tides* to illustrate in dramatic fashion what can happen if the secret is not fully fleshed out and resolved. After the video we will talk about your reactions and ease into talking about how your secrets have directly caused the problems and unhealed wounds you are experiencing”.

After the Scenes Are Shown if Secret Unknown

“What was your initial reaction?” “Can someone tell me how and why the secrets in this family’s life prevented both Tom and Savannah’s wounds from healing?” “What happened in therapy or what did Tom do to begin the healing process for himself?”

“Like the movie, how do you think your secrets caused the wounds or problem stressors in this family?” “What specifically happened and why did you decide to keep this event a secret?”

- Please note: You can also use these clips if you have a strong hunch that there are secrets but that the family does not even know the extent of the damage or they are intentionally hiding them. To safety present the video clips you would need to say something like the following:*

“I could be totally way off and if I am please forgive me. But my gut tells me that there are things in the past that are long buried and have never been talked about. Or if they have it has been years and never resolved. Therefore, I want to show you what can happen when past secrets are not openly discussed. Again if I am wrong please forgive. I have to care deeply for your family and any good coach will not leave any stone left unturned. If there are secrets I hope you will feel safe enough to talk about them.”

- After the clips are shown and the secrets are discussed fully, the therapist may need to move into other wound undercurrents such as forgiveness, grief, security, or closure to heal the fallout from these secrets.

## Appendix E: Sample Wound Workbook Templates for Forgiveness

<p>(Lack of Forgiveness/Bitterness)</p> <ul style="list-style-type: none"> <li>• <b>Forgiveness/Reconciliation</b></li> </ul>	<ul style="list-style-type: none"> <li>6- <b>The Apology</b></li> <li>7- <i>Sculpting</i></li> <li>8- <i>Empty Chair</i></li> <li>9- <i>Random Acts of Kindness</i></li> <li>10- <i>Prayer and God</i></li> <li>11- <i>Non-Violence Pledge</i></li> <li>12- <i>The Heart Transplant</i></li> </ul>
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### The Apology Intervention for Forgiveness/Reconciliation

The apology intervention will be divided into two parts

- **Part 1:** - Special treatment circumstances of forgiveness and reconciliation as it relates to violence or aggression between family members will be outlined first. Violence is often the #1 cause of bitterness and unforgiveness and it must be treated with special circumstances. Many of the ideas come from the book entitled: *The Violence of Men* by Cloe Madanes (1995) and based on the theoretical framework of social action. It is highly recommended that you read this book from cover to cover. The wound workbooks in this section will be subdivided into a therapist playbook of how to direct a forgiveness undercurrent session with violence as the primary symptom and also suggested wound workbooks for the client.
- **Part 2:** - Will outline a therapist playbook to use the apology intervention with a variety of other unhealed wounds or circumstances (i.e., parental neglect of the adolescent, a hurtful act or series of hurtful acts that have gone unresolved, marital affairs, etc.). Please note that with some exceptions, many of the same apology components used for violence will be replicated in this section because they are universally core principles to restore forgiveness.

The Apology
<ul style="list-style-type: none"> <li>• The basic underlying premise of this intervention is that the person or persons that commit an act of aggression or violence towards another are responsible and accountable for their actions. <i>There is no chemical imbalance in the brain and they are not justified in their actions. For example, the client will often say that the other person provoked them so they are justified in their violent act.</i> Instead, the person made a choice to commit an act of violence.</li> <li>• Accountability is intimately tied to (a) Bringing the entire family together and extended family if possible to go public with the violence and avoid minimizing- no family secrets; (b) An act of apology usually on one's knees to the victim; and (c) Some form of reparation to take full responsibility of one's actions.</li> <li>• To have any chance of forgiveness and reconciliation accountability must take place to heal the deep and penetrating wounds of aggression.</li> <li>• Incest and violence are throughout the Bible and other major works that clearly indicate the connection between violence, unforgiveness, and spiritual pain. Most counselors miss the spiritual pain piece and consequently fail to reach the deepest part of the wound.</li> </ul>

## Part I: Therapist Playbook for the Apology and Wounds of Violence

### Therapist Playbook Procedures

- Before the session, the therapist has to win the “battle for structure”. This means that they can use the seed-tree diagram and arrows in the first session to motivate key decision makers (the parents) to work on wounds but they must get the right people on the bus. This means that if the father is part of the violence but lives outside the home he must attend. Otherwise, it is difficult or impossible to clean out the wounds. With a drunk with power seed, you may be able to get away with it but with wound work it is not a possibility.
- Therefore, the therapist must personally call everyone in the village and somehow convince the key people to attend. If there are ongoing violence or safety concerns the village must include the extended family. The reason is simple. For wounds to heal and the violence to end there must be no family secrets and accountability.
- Preparation Step- Before the session begins you must try to set boundaries to create a calm atmosphere of peaceful interactions. Without clear boundaries upfront the session is likely to escalate out of your control. To prevent this from occurring please use the technique entitled the “**shy and nervous therapist**”. Before the session begins, state the following:
 

“I must tell you a couple of things before we start. We are going to try to heal some deep wounds today. As a result things might get heated. However, healing cannot happen unless things stay calm. To do this I have to be the leader today and maintain calmness. The difficulty is that tension or yelling makes my stomach go instantly in knots and I go blank. I have even thrown-up before. You will see me swallow hard like this and I will have to yell “freeze”. So if I yell freeze will you do me a favor and stop what you are doing? Or do you guys have a better sign like me standing up, giving a peace sign. What do you think? And if I yell freeze or another sign we pick and you still interrupt what should we do? Because bottom line, if there is yelling the wounds will not heal.
- Step #1- After the entire village is assembled, the first step is to go around the room and openly find out from each person all the incidents of violence-when, where, how, why, what happened before and what happened after. Prevent people from minimizing the violence.
- Step #2- Ask the person or person in the family (whomever was violent) who committed the emotional or physical abuse why what they did was wrong. If he or she does not understand that it was wrong- make sure that other members of the family make it clear to them. The first step in the therapy of social action and to prevent future violence is based on a clear sense of right and wrong with no secrets.
- Step #3- After each person talks about why it was wrong, the therapist should take the arrows and use the arrow technique to describe both the physical and spiritual pain that is inflicted. In other words, the physical pains from the violence may have healed but the bruises beneath the skin or to the heart or soul may never heal. Violence and spirituality are related so aggression is a violation of the person's spirit. This is why the attack is particularly painful and wrong. Depending on the religious or cultural view "pain in the heart" can be substituted for "spiritual pain" Whatever the frame of reference, family members understand this concept.
- Step #4- Find out and discuss if there was violence in previous generations. Talk about how the violence has to stop in the here and now and what will happen if it is not stopped.
- Step #5- Ask the person who was violent (parent and/or child) who is responsible for the violence.

Make sure that the person takes full responsibility. Saying that they were provoked by another is a cop out and should not be accepted. Whether provoked or not the person who is violence needs to understand that they had a choice in how they responded.

- Step #6- The Apology\*\***- Ask the person(s) who was violent to get on his or her knees in front of the victim and express sorrow and repentance for what he did. Getting on one's knees is a posture that means that I am truly sorry. The offender is told that for the apology to mean anything it must be apparent to everyone in the room that he is sincere and truly penitent. The victim is told that he or she can forgive the offender if they wanted to but there was no pressure for he or she to do so or say anything if they chose not to.
- Step #7-** After the apology takes place each member of the family is asked what the person needs to be doing or saying (small baby steps) that shows that he or she is truly repentant. What will improve the relationship? Make sure they are small steps and very concrete. For example, the behavior is not repeated. If it is there is a major financial fine. Special outings may be administered or a PTR. **DO NOT ATTACH THE APOLOGY FOR A TEEN TO A BEHAVIORAL CONTRACT LIKE DISRESPECT. IT MUST BE TREATED AS A SEPARATE ISSUE.**
- Step #8-** Optional- One of these small steps of reparation if the father or mother was abusive is to ask them to report themselves to the police or Protective Services. This is more therapeutic because they are taking full responsibility for their actions.
- Step #9-** Once the apology comes out, the child may act out in self-destructive ways. Educate and prepare the family for it as a normal reaction due to the anxiety levels rising. Troubleshoot, troubleshoot, troubleshoot and build a typed written contract around these possible behaviors.
- Step #10-** If the parent was violent, explore the connection with the parent's alone on its direct link to marital problems. A phase of marital therapy may be required.

\*\* If the problem is an abusive parent or spouse, after the apology is made the village discusses what the consequences will occur should the parent or spouse ever hit the person again. The therapist encourages everyone to agree on consequences such as pressing charges or forcing a separation. If it an adolescent, a nonviolent contract is produced. Depending on the case, you may want to prepare the family for consequences that will be discussed in the next session and not ruin the moment.

## Part II- Other Issues

- Other unhealed traumas such as parental neglect of the adolescent, a hurtful act or series of hurtful acts that have gone unresolved, marital affairs, etc follow the same basic 10-step model as outlined above with these exceptions:
  - The entire village is optional. Violence is fed by secrecy and lack of accountability. Therefore, the most people who know the better. Hurtful acts like affairs or harsh words do not necessarily need a public form.
  - Unless sexual abuse is the issue there is also not a need to report the issue to a social service agency.
  - The apology is definitely needed in step #6 but there is not necessarily a behavioral contract with severe consequences although consequences if it happens again are discussed.
  - The other steps are fairly left intact



## Appendix E: Sample Wound Workbook Templates for Forgiveness

(Lack of Forgiveness/Bitterness)

- **Forgiveness/Reconciliation**

- 1- *The Apology*
- 2- **Sculpting**
- 3- *Empty Chair*
- 4- *Random Acts of Kindness*
- 5- *Prayer and God*
- 6- *Non-Violence Pledge*
- 7- *The Heart Transplant*

### Sculpting: A Therapist Playbook

- An individual, couple, or family sculpture is an arrangement of people or objects that is meant to visually symbolize the hurt and pain the wound has caused and led to unforgiveness.
- The person doing the sculpting is told the following: "Imagine that you are a sculptor. I want you to make a sculpture of your family (spouse or partner). Pretend your family is made out of clay. You can place them anywhere or in any position. Situate each person in whichever manner that best demonstrates how the wound (the arrow) has hurt your family".
- The poison arrow is the unhealed wound and represents bitterness or unforgiveness. The sculptor must position everyone to how the arrow has altered the family in a negative way.
- The major advantage of sculpting is its ability to cut through excessive verbalization, defensiveness, and projection of blame. The clients are deprived of their familiar verbal cues and forced to communicate with one another on a different and spontaneous level.

Below is a list of recommended steps in completing the sculpting exercise:

#1- The therapist explains to the individual, couple, or family that it is often easier to act out what happens than just talking about it. Everyone in the room can show his or her own version of how they see the problem of how unforgiveness and bitterness. After the present situation is sculpted, each person will be asked to show how they would like it to be.

#2- As stated earlier, once this general overview is given, the therapist should make the following statement: "Imagine that you are a sculptor. I want you to make a sculpture of your family (spouse or partner). Pretend your family is made out of clay. You can place them anywhere or in any position. Situate each person with each other or in relation to the arrow (hold it up) that shows how unforgiveness is poisoning your family right now".

#3- After each person portrays how they experience the family or couple relationship in the present, they are asked to show everyone how they would ideally like things to be.

#4- After each sculpture is completed; the therapist can ask the following questions:

- (of the sculptor before any other discussion) Can you imagine that each person has a thought bubble over their head like the comic books characters? What does each bubble say?
- (of each person) How does it feel to be in this place in this family and in relation to the arrow?

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- (of the couple or family) Did you know that the sculptor perceived you or your role in keeping the unforgiveness going?
- (of each person) Do you agree that this is how your marriage or this family functions?
- (of the sculptor or the couple or family) **Can you reposition everyone to show us how it would look like if forgiveness entered into the family?**

#5- After the future sculpting is completed; the therapist can use this ideal picture as a jumping off point to put together a written action plan.