

11th Nordic Family Therapy congress

Meeting in the middle

**Family Therapy: Pathways towards
Reconciliation**

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A person is sitting on a wooden chair outdoors, holding a large, dense ball of green moss in their hands. The background is a blurred natural setting with trees and grass. The text "Can Reconciliation Bring Magic to the Future?" is overlaid in red on the image.

Can Reconciliation Bring Magic to the Future?

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Abstract

- In the field of therapy, it is often debated which method is the most effective in treating clients. In recent times however, the possibility to combine multiple disciplines and methods has been acknowledged as resulting in a successful outcome.

Abstract

- In my opinion, it is important for the therapist to work in collaboration with the client when utilizing their skill and knowledge from the field. Narrative approach is essential to this form of therapy. Reconciliation towards oneself as well as others is often a big part of this therapeutic process, and one which the workshop will focus on.

Workshop Contents

In this workshop I will:

- I. Make a distinction between reconciliation and forgiveness
- II. Discuss the ideology of a) narrative practices, b) ideas of therapeutic healing rituals and c) methods of hypnosis.
- III. The participants will have opportunity to consider how the therapist and the client collaborate in reconstructing the client's life narrative through dialogue, tokens, and creation that refers to those methods.
- IV. In the end, we will combine these methods in exercises to give an example of the utilization in real life .

Desmond Tutu and Dalai Lama on forgiveness



I. Difference between forgiveness and reconciliation?

- Reconciliation is not the same as forgiveness.
- Forgiveness comes through the night when you are not making an effort. It may or may not come.
- Forgiveness happens but you can use your effort to strive for reconciliation.
- Forgiveness happens less from effort than from openness.
- Forgiveness is a self-discovery of *having forgiven*
- Forgiveness cannot be *willed*, direct effort to forgive leads to failure.

I. If or when forgiveness happens to you it will bring you peace:



Forgive others, not because they deserve forgiveness, but because you deserve peace.

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I. How can we understand reconciliation?

- Reconciliation acknowledge the weight of wounded world.
- Reconciliation is movement *from* world to world : *from* a world of wounds to the world of consent of what has happen.
- Reconciliation is the act of getting two things to be compatible with one another.

I. How can we understand reconciliation?

- Reconciliation refers to the human capability to empathy, humility and commitment.
- It holds many aspects of feelings and intentions such as
 - **Cognitive** – re-appraisal of whole situation,
 - **Emotional** like sorrow, empathy, grief and
 - **Behavioural** as it inflicts on the persons behavior and makes it possible to move on” towards the future”.
- Reconciliation unbinds humans from deeds of *past*. Reconciliation gives us freedom **from** revenge. The burden of punishment is an alternative to reconciliation.

I. Emily Dickinson on Reconciliation

I had no time to hate

I had no time to hate, because
The grave would hinder me,
And life was not so ample I
Could finish enmity.
Nor had I time to love; but since
Some industry must be,
The little toil of love, I thought,
Was large enough for me.



(Emily Dickinson 1830 – 1886, Poem 478 written in 1862)

II. a) Narrative Practice

The family in cultural narrative perspective

- A family is a living cultural unit, which is constantly having to adapt to extremely changeable circumstances
- Culture expresses a way of life, views, values and ideas in social context, what people believe in, what they think, their customs and interaction with material things. (Seltzer.W.J.)



II. a) Narrative Practice

The family in cultural narrative perspective

- Families not only have to survive but they have to reinvent themselves so that they can find a way to adapt to their new needs - on the one hand to find a sense of belonging but on the other, to be individual
- Families possess natural healing abilities inherent in their flexibility to adapt to internal and external changes (Seltzer.W.J.)





II. a) Narrative Practice

A live through stories

- In narrative therapy there is the assumption that narratives or stories shape a person's identity and that we understand our lives through stories.
- When a person assesses a problem in life it often becomes the "dominant story" of how a person presents the main theme of her/his life story : "A am a victim".
- In narrative therapy a person's beliefs, skills, principles, and knowledge are seen as the means to help them regain their life from a problem(s) and lead to an alternate direction in life.



II. a) Narrative Practice

The role of the narrative therapist

- The narrative therapist relies on the premise that, though a problem may be prevalent and even severe, it has not destroyed the person.
- There always remains some space for questions about a person's values and related, nearly forgotten events.
- To help retrieve these events, the narrative therapist may begin a related re-remembering conversation about the events that lead to the revealing strength and ability of the person.

II. b) Ideas of therapeutic healing rituals

- Attention is given to the idea that it is possible to identify common basic rules for healing that are present within all societies through cultural context and can be used in various ways depending on the culture.
- Healing rituals have been employed by mankind for centuries

II. b) Ideas of therapeutic healing rituals

- Therapists use physical objects or activities that are symbolically significant to help the clients work through the grieving process
- By connecting such ideas and the emotions of the people to something tangible, the therapist tries to guide them in an instructional way towards the future

II c) Methods of hypnosis Is hypnosis therapy?



- Hypnosis does not constitute a form of therapy in its own right.
- Hypnosis provide a context for the delivery of therapeutic interventions in various areas as in medicine, dentistry and psychological treatment such as narrative therapy.
- Thus the first requirement for the aspiring practitioner must be to learn to become a good, competent therapist.
- Good therapist then need to learn how to incorporate hypnosis into their practice if they are to take full advantage of what it has to offer.

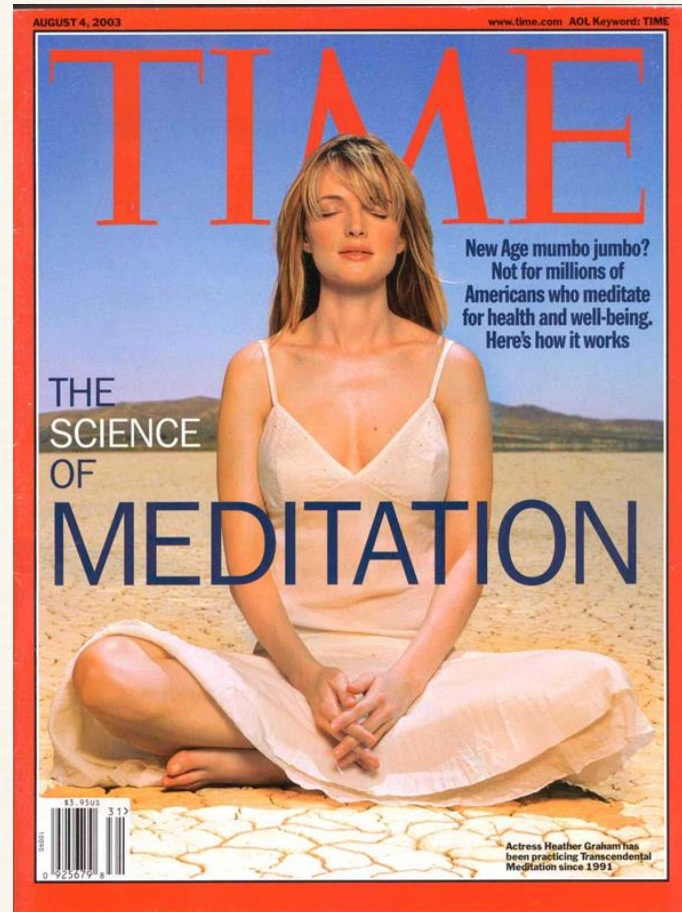
II c) Methods of hypnosis

How effective is hypnosis as an addition to narrative therapy?



- A number of studies exists which one form of therapy was compared with the same therapy supplemented by hypnosis.
- The presenting problems included pain, insomnia, anxiety, phobias and obesity.
- There has also been evidence that differential effect in favor of the hypnotic treatment increases over the follow – up period. This may be related to the fact that clients are usually taught self-hypnosis and are encouraged to continue in its use once the formal period of therapy is complete.

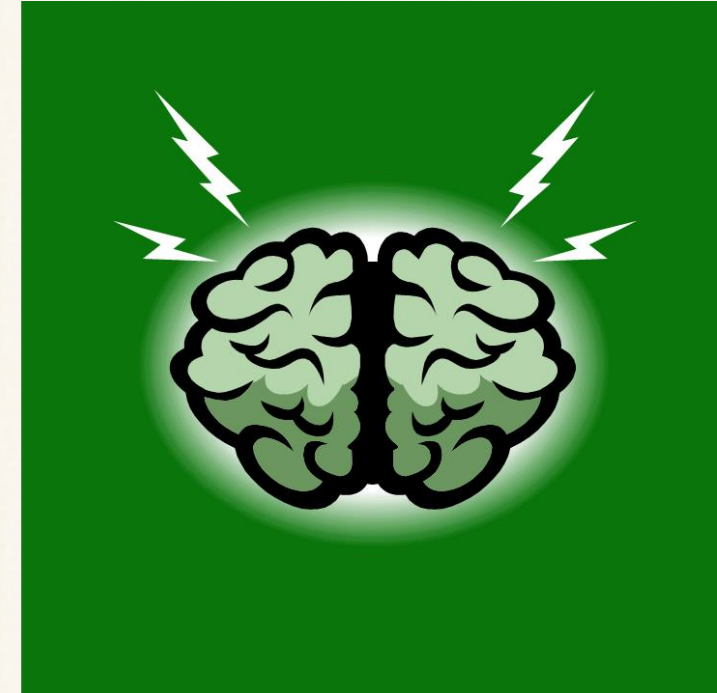
II c) Methods of hypnosis Affect our whole being



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II c) Methods of hypnosis has two basic elements **Trance and Suggestion**

- Hypnotic activity appears to correlate with:
- Body regulation
- Emotional balance
- Response flexibility
- Empathy
- Insight
- Fear modulation (dampening limbic response)



III. Combining Narrative Therapy, Healing Rituals and Hypnosis

Reconstructing your life narrative through dialogue, tokens, and creation

- You are the expert at your own recovery process.
- Reconciliation first to oneself – then to others.
- Let's look at the tree of life and see if it can help us.

III. Combining narrative therapy, healing rituals and hypnosis

The story of the tree of life



- Trees belong to the forest
- Each and every tree is part of a larger whole.
- The trees can support each other and provide shelter when the winds blow and beat.
- Then they stick together.
- Each tree is alive and there are blood vessels that bring nutrients from the roots and up to the tree.
- From the matured and blossomed tree the fruit is the gift.

III. Combining narrative therapy, healing rituals and hypnosis

The story of the tree of life



- In a similar way the human beings belong to the human society.
- We are in relationship to each other. In our world there is nothing but relationship. It is impossible not to be connected.
- If there was just one person on earth - who would she/he be?
- Who would define that person?
- “I am – because you are”.
- I stand here because you are in this room.

III. Combining narrative therapy, healing rituals and hypnosis



The story of my tree of life:

- Everyone can find strong roots from his soil of growing up.
- We all belong to several people who have taught us important things in life and that we still relate to in one form or another.
- People that have given us support in different ways.
- It can be helpful to honor the past and those who came before us in our chain of life, like we wish those that come after us will honor us.
- It can be helpful to think “what would I like to take with me on my road from my roots and what would I like to depart from”.

IV. Exercises

Combining narrative therapy, healing rituals and hypnosis

The story of my tree of life:

My reconciliation to myself brings me to my present from the strength of my roots:

- Where do I come from? (my place)
- Who taught me important things in life?
- Where was my favorite place when I was growing up?
- Is there something that has had great significance for me from my childhood?
- What is the gift that I want to share?



IV. Exercises

Combining narrative therapy, healing rituals and hypnosis

Assignment



Please draw your own tree of life and start with the roots. You will have five minutes to think of the strength of your roots and you can write it on your tree.

A woman in a red dress is walking through a field of tall, dry grass. The background shows a range of mountains under a clear sky. The overall mood is serene and natural.

IV. Exercises

Combining narrative therapy, healing rituals and hypnosis

Flowering Tree Hypnosis

GOAL

Find the strenght and balance within yourself

IV. Exercises

Hyonosis and yoga are closely related

Both affect the whole being, physically and psychologically

Mantra: Long Time Sun

- May the Long Time Sun Shine Upon You,
 - All Love Surround You,
 - And the Pure Light Within You,
 - Guide Your Way On
 - Guide Your Way On
-
- Sat nam



Thank you for sharing this moment

Last words of wisdom:

„The grand essentials to happiness in this life are, something to do, something to love and something to hope for“.

Questions???

