

HOPE ALIVE: OUTLINE OF THERAPEUTIC PHASES

<i>PHASE</i>	<i>SESSION</i>	<i>OBJECT</i>
I. COMMITMENT	1. Informed Consent	<i>Describe the process, collect data, each give a brief history & obtain informed consent. Deal with issues of trust.</i>
	2. Defences & Excuses Denial & Resistance	<i>Assign role-play partners. Get & give a solemn commitment. Lay excuses on table.</i>
II. REALISING MISTREATMENT	3. Remembering the Pain Fear & Confusion	<i>Remembering abuse, abortion & neglect in a controlled way.</i>
	4. Recognising the Damage	<i>Recognising the damage caused to individuals & relationships by abuse, neglect & abortion.</i>
	5. Reconstructing the Tragic Triangles	<i>Understanding who played the three parts of the tragic triangle and why.</i>
III. CHANGING ANGER & WITHDRAWAL	6. Tracing Triggers Breaking Barriers	<i>Finding the roots of strong reactions, then overcoming the internal & external resistances to natural, healthy responses.</i>
	7. Assertion against Assault	<i>Training in assertion & desensitisation to deal with real & implied threats.</i>
	8. Flight when Necessary	<i>When & how to run away from danger & traps.</i>
	9. Resisting Manipulation	<i>Learning to resist guilt-induction & subtle manipulation, yours & theirs.</i>
IV. DEALING WITH GUILT	10. Accepting Partial Responsibility	<i>Assessing & accepting a portion of the contribution & responsibility for tragedies.</i>
	11. Facing Existential Guilt	<i>Learning to accept your right to exist & need to mature.</i>
V. REMOVING FALSENESS	12. Describing the False Faces	<i>Describing & owning the Dancer & Urchin.</i>
	13. Discarding Dancer & Urchin	<i>Laying to rest False Faces that frustrate the Pilgrim.</i>

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VI. PASSING THROUGH DESPAIR TO HOPE ALIVE	14. Rediscovering My Blueprint	<i>A close & careful examination of the Person I Should Have Become.</i>
	15. Needs that Were Never Met	<i>Recognising & mourning the loss of a reasonable childhood & family.</i>
	16. Mourning the Person I Should Have Become	<i>Recognising & grieving the loss of what I could have been.</i>
VII. GRIEVING MY LOSSES	17. Remembering the Forgotten	<i>Humanise & name the children of pregnancy losses.</i>
	18. Welcoming Lost Children into the Family	<i>Remembering the events surrounding the pregnancy loss, feel the pain, & know what happened to the infant. Welcome them into the family.</i>
	19. Relinquishing Lost Babies & Committing Their Spirits to God	<i>Lay to rest & grieve miscarried, stillborn & aborted children. Committing their spirit into God's hands.</i>
VIII. RECONCILIATION	20. Forgiving Myself	<i>As a Pilgrim, forgiving myself & my Perpetrators.</i>
	21. Reconciliation with Perpetrators & Observers	<i>Forgiving all those who should have done something.</i>
	22. Reconciliation with Those I Have Injured	<i>Forgiving & being forgiven by my Victims.</i>
	23. Reconciliation with God	<i>Forgiving & being forgiven by God.</i>
IX. RECONSIDERING RELATIONSHIPS	24. Redefining Myself	<i>Getting others to help me know my real, authentic Pilgrim.</i>
	25. Negotiating Realistic Expectations with Adults & Children	<i>Learning ways to establish reasonable expectations of myself & others.</i>
	26. Attenuating Pair Bonds	<i>Loosening bonded ties to previous & pathological relationships.</i>

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X. REHABILITATION & REJOICING	27. Learning to Love	<i>Defending & helping children with a specific rehabilitation prevention project.</i>
	28. Celebrating Life The Alternative Plan	<i>Sharing the Blueprint with God & planning a full life.</i>
XI. FUTURE & BEYOND	29. Order & Meaning in My Life	<i>Making some practical rearrangements in my life to create order & direction.</i>
	30. Hello & “Good Good-byes”	<i>Parting exchanges & individual blessings.</i>
+ 3 months	31. Follow-up 1	<i>Consolidating gains, practising skills</i>
+ 6 months	32. Follow-up 2	<i>Reassurance, launching solo flight</i>
+12 months	33. Follow-up 3	<i>Solo flight debriefing</i>