



Forgiveness in a context of mental health

'I'll never forgive myself/the other'

as seen from a relational psychodynamic approach

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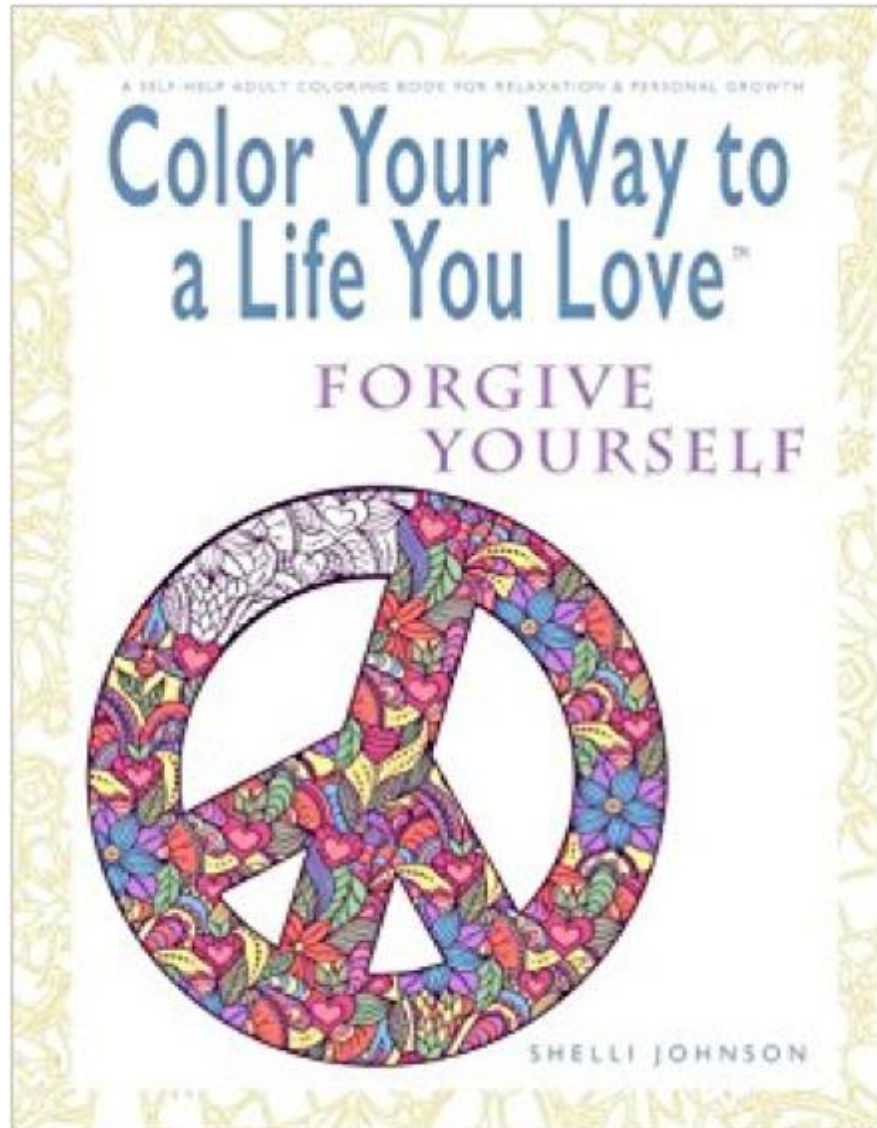
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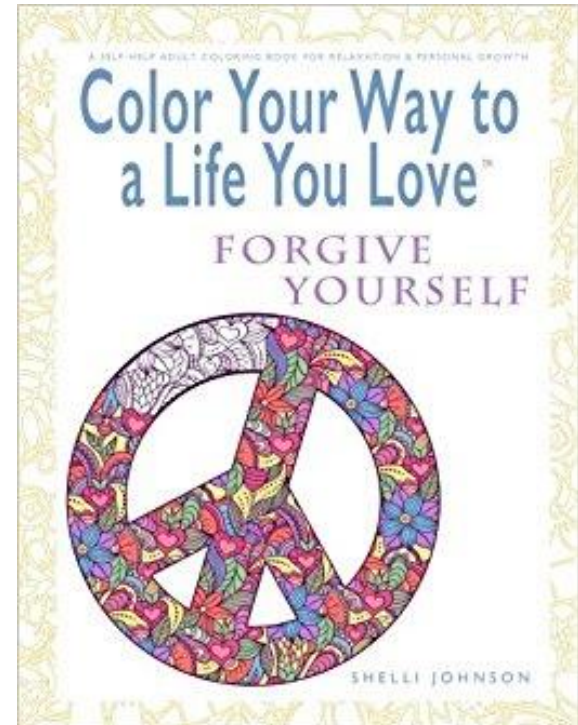
Sverre Lunde Pedersen, Amsterdam, 11-3-2018



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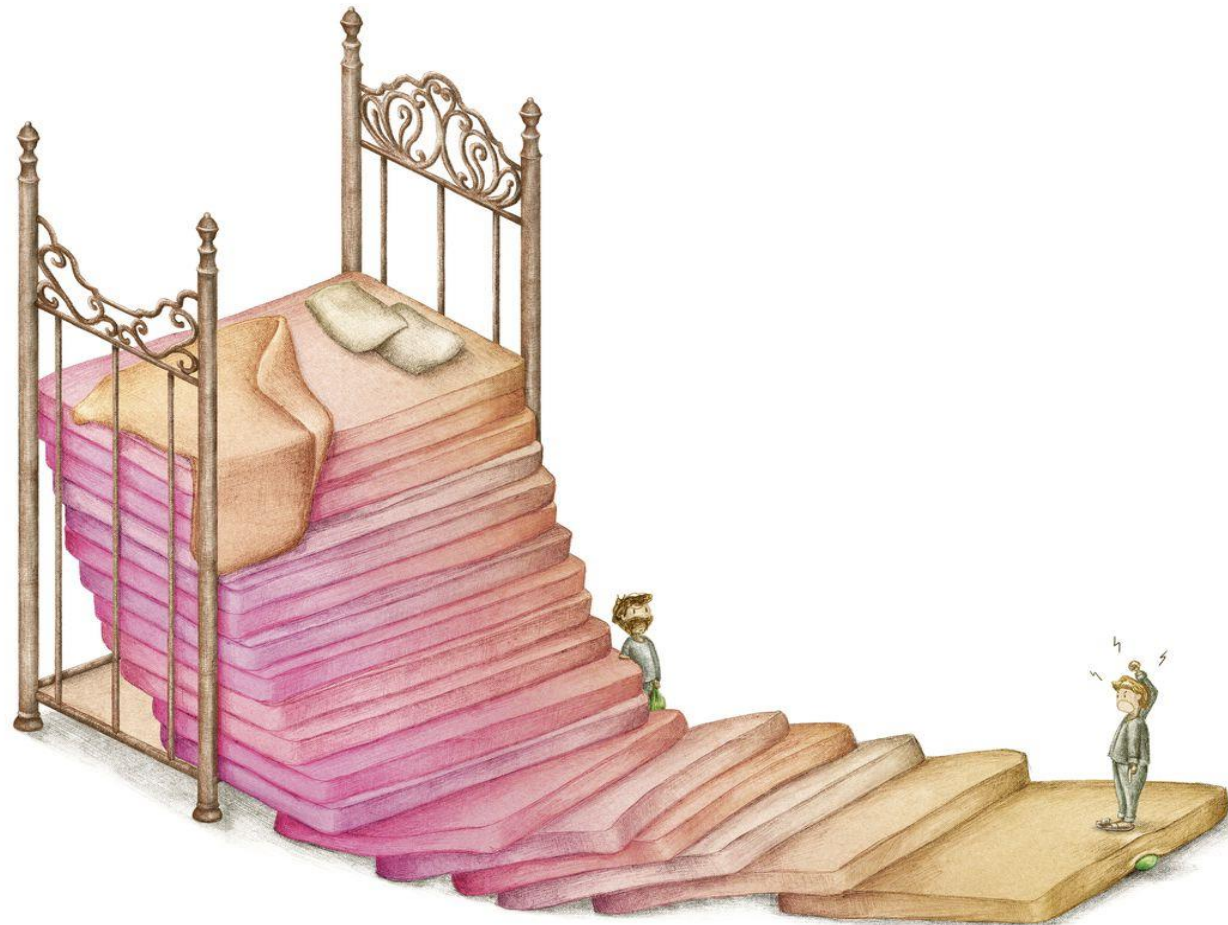


Forgiveness in a context of mental health



Forgiveness in a context of mental health

Kwennie Cheng, NRC, 11-05-2018



Forgiveness in a context of mental health

- 1) How do we use forgiving nowadays?
- 2) How do specific contexts influence these conceptualizations?
- 3) How do 1) and 2) interact with a psychodynamic view on the psychological function of forgiveness?

Forgiveness in a context of mental health: content

- 1) *Not forgiving* as seen by Rebecca and Jill in their contexts (clinical case stories)
- 2) The capability for mourning & forgiving in Ogden's *modes of being*
- 3) Modes of being \leftrightarrow Rebecca & Jill

Forgiveness in a context of mental health:

1. Rebecca

R: He [psychologist] makes me responsible to change and the offenders remain unpunished.

SC: *What does that mean to you spiritually?*

R: That injustice can go on forever. Victims should undergo therapy to endure this injustice.

SC: *What do you believe?*

R: Injustice needs to be addressed. And victims need a helping hand. I am not the only one bullied repeatedly just because I am not able to meet the norms some idiots consider appropriate!

Forgiveness in a context of mental health:

1. Rebecca

SC: *A human child should not be bullied.*

R: Indeed!

SC: *It happened to you and it never should have happened.*

R: That's right.

SC: *It needs to remain because it should not have happened. Like a skandalon. [a stumbling block]*

(...)

Forgiveness in a context of mental health:

1. Rebecca

R: That's exactly why I am so angry because those Godforsaken caregivers won't let the cross upright.

SC: would you let the cross standing upright the rest of your life?

R: [followed by a firmly] Yes!

SC: I'll respect that.

Source: KSGV 2-80 pp.74-89

Forgiveness in a context of mental health:

1. Jill



@ Esther
Veerman

Forgiveness in a context of mental health:

1. Rebecca & Jill on forgiveness in their context

Rebecca:

Forgiving them *would mean that I have to give up on justice.*

Caregivers don't understand.

Jill:

Forgiving myself or him *would deny and destruct my own life.*

Others don't see nor hear me ↔

in working with disabled children I feel alive

Forgiveness in a context of mental health:

2. Thomas Ogden's Modes of being

	Mode 1	Mode 2	Mode 3
'Self image'	No dominant 'self'	'Self' as object	'Self' as subject and object
Ordering principal	Sensorial sensations	Partial objects (Splitting)	Whole objects (Repression)
Basic fear	'Deflation'	Destruction of the good	Being left alone/ abandoned
Symbolization	Pre-symbolic 'It is'	Symbolic equivalence 'It is what it is'	Using symbols 'It is as if ...'

Forgiveness in a context of mental health:

2. Modes of being + Darian Leader

	Mode 1	Mode 2	Mode 3
What does 'the public domain' observe:	Periodical mourning/grieve reactions (physical)	Isolation Idealization /rage	Mourning dialogue: Re'creating' the own story
How can the public domain support:	Social attention	(Symbolic) witnesses	Recognition subjective mourning processes & creative examples

Forgiveness in a context of mental health:

3. Rebecca, Jill & the Modes of being

	Mode 1	Mode 2	Mode 3
What does 'the public domain' observe:	Periodical mourning/grieve reactions (physical)	Isolation Idealization /rage	Mourning dialogue: Re'creating' the own story
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