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**Counselling for Deep Healing :
Therapy from the Family Perspective**

(生命醫治 與 家庭重塑)

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ABSTRACT

(translation)

For 30 years my work has been closely connected to helping people find a changed life. In the more recent decade, I have been running self-development programs that aim to inspire and enable individuals to resolve, in many cases, catastrophic problems in life. In the course of it, I have come to realize the importance of deep personal healing from the family perspective and discovered an effective way of achieving it.

We all want to live a happy life. But that happiness hinges closely on our self-esteem. The higher regard you have for yourself, the more positive elements in character you are likely to possess – motivation, emotional intelligence, courage to encounter obstacles, and problem-solving capability. A key determinant of our self-esteem is the quality of our upbringing. This often centers around the quality of the lives of our primary carers when we were kids – in most cases, our parents.

In early childhood, a child learns to suppress himself to accommodate to his parents by conforming to expectations. As a result much of his potentials and abilities might be locked up, and life in adult years could become so helpless and powerless. If, in the early part of his life, he has ever had the opportunity to speak up about his feelings and needs for dignity and a sense of value, and learn to communicate with his parents in a patient and non-insulting way, life would be very different in later years.

We cannot ask people to start all over again. But we can always change our perception and interpretation of the past to allow our long locked energy to be released. I have come to discover a simple but effective way of doing it – write to our parents.

This is not a letter to condemn, to blame or to criticize, but to express our depressed feelings and unsatisfied needs. We all have certain unforgettable experiences in our upbringing. On each occasion when such an unhappy moment comes back into our memory, our hearts ache. We may feel distressed, ashamed, angry, or fearful. When we were small, we did not have the chance, nor did we have the courage to tell our parents. Now, as a grown-up, we have learnt to strike a balance between respecting others and valuing our own importance. By writing these letters, we help ourselves to speak the words we should have spoken long ago when we were kids.

I have developed programs which provide people with this opportunity of deep healing, and have indeed witnessed encouraging transformation and healing in many lives as a result of this letter-writing exercise.