

CVF Protocol: To heal the emotional scars of stereotype parenting among the teens and the youth

Sunitha R

Research Scholar, Department of Social Sciences, University of Kerala

ABSTRACT: Parents' responsibility is tremendous and a vast majority of parents do not understand the extreme importance of their role. Today's children are born and brought up in a society that seems to be teaching all that glitters is gold and you have the right to do what you want to do at anytime, anywhere and with anyone. They feel their satisfaction is more important than other's feelings. They are lacking positive fear towards God, parents and the world. Parents' unfair and improper training creates anger, guilt, regret, bitter feeling set among the children. On this situation, CVF protocol is proved highly effective turning their unforgettable scars into stars. It is a combination of three techniques- counselling, visual kinesthetic dissociation and faith therapy. Through the counselling process, a positive, healthy and professional rapport is built with the client and his/her confidence is increased to share his/her inner most confidential and unresolved matters or bitterness to the therapist or counsellor. Once we identify the actual problem, we go for VKD. Visual Kinesthetic Dissociation uproots the bad memories and reduces anxiety and faith therapy that fills the inner vacuum of the heart with positive resources. That makes the person to remain reinforced to defeat the negative experiences in life and have the harmony between body, mind and soul. CVF protocol implemented among the teenagers who were carrying baggage of wounds gifted by their near and dear ones has proved effective. After the treatment there was an 'U turn' experience in their life. However the key result is that CVF protocol can heal the trauma without medicine and with no side effects. It is harmless, painless and time bound.

Key words: CVF protocol, heal, emotional scars, stereotype parenting, teens, youth

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I. INTRODUCTION:

People undergo traumatic experiences during their life journey. Often words, gestures, signs, incidents, accidents and even situations turn out to be irrevocable pain contributing to their memory. Whenever one comes associated with similar situation the feelings one goes through will be similar to the original episode. Thus it affects his/her positive healthy living. In order to refresh their minds and revive their spirits we have to support them with professional care and concern. Words can heal the minds as they have magical power. "Your words count for more than what you give" (*Sirach 18/16*). "Like apples of gold in settings of silver is a word spoken in right circumstances" (*Proverbs 25/10*.) Unfortunately it can lead us to such a hopeless away. Words can mislead as well as build walls between people and generations. "The blow of a whip raises a welt, but a blow of the tongue crushes the bones." (*Sirach 28/17*)

Parents are the first and the best care takers in children's life. As the years roll by, they build an inseparable bond between parents and their children. They interfere in every business of children and support them during troubled times. And they constantly assist them to achieve their goals. At times parents vigorously work day in and out running from pillar to post to add colours to the canvas of their children's life. But regrettably children say that their needs are not met by them. Needs are general desires. Every human being has to strive for the satisfaction of his basic needs if he is to maintain and actualize or enhance himself in this world (*S.L. Mangal 1998*). An individual has infinite needs. The famous psychologist Murray has given a list of thirty seven needs. For the sake of proper understanding, the human needs can be divided into two broad categories, namely, biological needs and socio-psychological needs. In the initial years the needs to be sheltered by parents are like security, love and affection, achievement, recognition and social approval, social company, self-assertion, self-expression or self-actualization (*Murray*). If these needs are not sufficiently met, experiences would turn out to be emotional scars.

What for CVF protocol?

CVF protocol is a new practice to heal the traumatic wounds with cost effective approach within a short span of time. It is a combination of three techniques- counselling, visual kinesthetic dissociation and faith therapy (*Sunitha, R; 2019*).

Counselling:

By the end of the 19th century, guidance and counselling gathered momentum in Europe and United States of America. Systematic work was done by George Merrill in 1885 at California University. Guidance and counselling as a movement was started in America at the beginning of 20th century as a reaction to change process in an industrialized society. (Oyieyo Dickson Mikaye, 2012)

Counselling is an interpersonal process by which one facilitates growth or change in another by adopting certain attitudes and employing certain skills appropriate to the context. In counselling attitudes and skills are of secondary importance. While the primary importance is the person of the counsellor, that is, the quality of the counselor (D. John Antony, 2012).

In the counseling process the counsellor builds healthy rapport with the clients and she/he feels the confidence to share the unresolved issues. By sharing, the deeper emotions are reflected and the feelings are ventilated through catharsis. Through the counselling process, counsellors pinpoint the problem as well as the root cause of the issue with the support of the client (Oyieyo Dickson Mikaye, 2012).

Visual Kinesthetic Dissociation (VKD)

Neuro-Linguistic Programming introduced by Bandler and Grinder is a simple, skillful method for studying what goes on inside a person (subjective experience) – the processes people use to build their unique, distinctive maps or models of the world. It gives us tools that help us communicate precisely and effectively. They are simple verbal tools that any of us can use to cut through the verbal fluff and distortion most of us are caught up in. (Richard P McHugh, 2013)

Faith Therapy

Faith is the assurance of things hoped for, the conviction of things not seen (*Bible Heb 11/1*). That means faith is purely beyond our comprehension and sensory perception. It is the ability to trust which you are not able to see, hear, touch, prove and the ability to believe what is not yet. Fear knocked at the door. And faith answered, 'No one here.' (*English proverb*)

Faith is not anti-science. It is just beyond the comprehension of science (*Mahatria Ra, 2017*). According to Mahatria Ra, the founder of a spiritual movement called Infinitemism, says God's energy + man's effort + man's faith = Infinite. For instance, the energy of Jesus Christ plus Mother Teresa's effort plus her faith in her Good Shepherd's energy transformed humanity, Shri Ramakrishna's energy plus Swami Vivekananda's effort plus Swami Vivekananda's faith in Ramakrishna's energy transformed humanity. So, Energy + Effort + Faith = Miracles (*Infinithoughts, September, 2017*). According to Oxford dictionary therapy means treatment intended to relieve or heal a disorder. A way of changing your perspective on how to handle a situation (*Noor Pinna, Talkspace Therapist*). The aim of therapy is to help people identify their 'hidden emotions', bring them into the open and deal with them. (*Edison YM, 2011*)

In the faith therapy process, one will find a missing link between God and oneself. Followed by seeing God in an imaginative world, dialoguing with Him and dancing joyfully like a daughter or son with a beloved father and before leaving from the imaginary world blessing him/her with his power and energy to lead a graceful life in the midst of storms and thundering...

Research studies - counselling, VKD and faith

Counselling and student's discipline

A study conducted to investigate the influence of guidance and counselling in public secondary schools students' discipline in Kabondo Division, Rachuonyo District, Kenya. The respondents for this study were 20 secondary school principals, 20 teacher counsellors and 144 students. The study proves that counselling makes a student feel closer to the teacher thereby establishing friendly relationship. The student has the freedom to express himself/herself and realize the consequences of his/her misbehaviour, and in the process positive discipline is ensured. All principals agreed that guidance and counselling were important in secondary schools. (Oyieyo Dickson Mikaye, 2012)

VKD and the Fast Cure for Phobia and Trauma

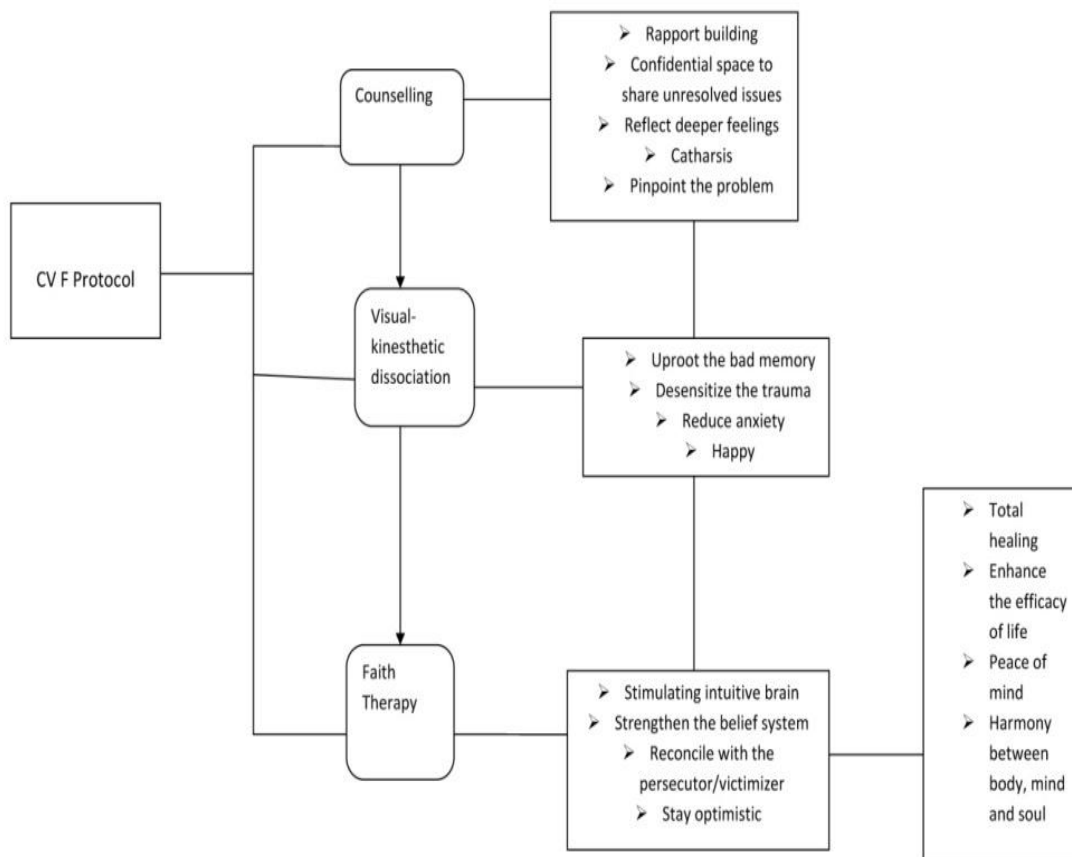
Keith Guy and Nicola Guy who run the Red Poppy conducted a study on the topic "The fast cure for phobia and trauma: evidence that it works". After the treatment one of the clients of Keith expressed that 'the treatment is like magic'. Study carried out to thirty people from different age groups (26 women and 4 men) having been diagnosed as suffering from post-traumatic stress disorder (PTSD) or partial PTSD. Their ages ranged from 25 to 62, with an average age of 42. They differed widely in terms of jobs and seniority. After the treatment one client commented, "I can still recall the picture but it doesn't have the emotional punch. It doesn't hold emotional power anymore." The finding of the study was exciting. Because 40% of clients rated it as

extremely successful; 53 % rated it as successful and 7% it as acceptable. No one rated the method poor or as a failure. (Keith Guy and Nicola Guy, 2003, *Human Given Journal*)

Faith and Healing

Tamika A. Thomas has done a research doctoral paper in Philadelphia College of Osteopathic Medicine on “Does Participation in Christian Faith Affect the Healing Process of Female African American Childhood Sexual Abuse Survivors” The participants of the study were childhood sexual abuse survivors: contact and noncontact (inappropriate sexual talk, exhibitionism, and watching pornography) sexual activity by an adult age 18 and over with a child under aged 18 for the purpose of sexual gratification and attending church service, studying the Bible, private and public prayer, and involvement in ministry. The purpose of this qualitative study was to investigate the effect that Christian faith has on the healing process in female, African American CSA survivors. The results of this study suggest that participants found involvement in Christian faith activities to be a beneficial factor in their healing process. According to the results of this study, the participants’ understanding of God and relationship with God, as well as other Christians, aided them in their transition to healing. (Tamika A. Thomas, *Philadelphia College of Osteopathic Medicine, 2011*)

Methodology in a pictorial form



Case study 1:

Sreekutty (changed name) aged 17 didn’t like her father at all. She has no attachment with him and consciously avoids his company. His words irritate her and for simple reason she fights with him. Her mother’s adviceto love father was in vain. From the bottom of her heart, she wishes to love and care him but something was blocking within. Through the CVFprotocol the root cause of the problem was identified. When she was at the age of six, the child happened to see a few compact disks (CDs) from the top of the cub board as she was searching her missing ball. The nude pictures seen on the CD wrapper created a negative image of the father in her mind. At the age of thirteen, similar incident occurred; as she was playing with her father’s mobile phone shehappened to see the downloaded porn videos. Once again this incident created a harmful picture of her father in her mind and she kept an emotional distance from him. After reflecting the deeper feelings of the client, the

Visual Kinesthetic Dissociation (VKD) was preceded bringing up the deep rooted negative experiences in her conscious mind and putting her in a resourceful state to re-experience the event. In fantasy, the client dissociated the event and feelings. Thereafter the faith therapy was given asking her to bring God into her mind clearly seeing his cloths, eyes, hands, feet, face etc. Accepting God as her beloved father ready to give any amount of love, care and affection with no malice she was asked to forgive the paternal father and accept him with all the limitations, sharing love with no expectation in return followed by dancing with God in an imaginary world with the support of the background music. This process was empowering the mind and connecting the missing link between God and oneself. Once the CVF protocol is over she was asked to record her dealings with father and the emotions she goes through. After a week, evaluation had been conducted. She says "The situations are the same no matter he loves me or not I call him 'pappa' and respect him. Usually whenever he quarrels with mother, I go and join with them. Now as soon as the dispute begins I go away from the place and closes door and take the picture of God...embrace...pray to Him".

Case study 2

Devika (changed name), aged 21, pursuing post-graduation shared an issue that she was hot tempered and once she was angry had no control over her tongue. Therefore she cannot focus on study though she had a higher ambition in carrier. In the counselling process, she was allowed her to tell the story and the deeper feelings were identified. From this healing process it was understood she was not angry with everyone except her father. The root cause of her anger was nothing but her father rarely calling her name adding 'beloved' daughter in front of her name. He often calls her with certificate name and no pet name for her. In fact, she longs to hear calling her with beloved/dear/honey etc. Appreciation received from her father was very minimal. Once the problem is pinpointed she was continued with VKD. In this therapy she was taken to her mother's womb and provided with all the love and affection with maximum level in an imaginative world. She was receiving all the missing sentiments and affections from parents in a maximum level throughout her developmental stages. Once again client was allowed to see the past painful events in the mind with positive climax. Followed by faith therapy she was asked to picturise God as a beloved, fearless and loving father who is at the close of her heart. And making her believe that the Almighty is coming down to dance with her only for her sake. With the backing of back ground music together they dance like a father and the child. Before leaving, tight embraces...showering kisses on the forehead and cheeks as many as she wishes to have...touching the feet and getting the blessings for her entire life to run. Her needs were met not more...not less. Once it is over, asked her feedback. She says "a heavy stone was melted and feels happy and relaxed". After a month once again the evaluation was conducted. She was happy and reminiscing those moments and studying vigorously for the upcoming examinations. To our surprise she got interest in counselling field and will study further in this subject.

Case study 3

Renuka (changed name) aged 16, referred by the school principal and staff of a higher secondary school alleging that she brought liquor in the class. The classmates of her saw that she was consuming alcohol in the class room. It was highly offensive towards the school as well as the parents. Since it was referred by her school the client didn't show interest to share. Therefore a good rapport was built and confidence created in her and slowly entered into her personal story. Through the counseling it was realized that she developed the taste for liquor at the age of ten. Her father occasionally drinks at home and the bottles were stored in her room. Once it happened that he filled the glass with alcohol and went for shopping. By seeing this colourful water, out of curiosity she put her finger in the glass and tasted. And she continued with it. The school which she was studying previously used to take alcohol and drinks with her male classmates choose place where no one notices. Once the root cause was identified VKD was applied- putting her in a relaxation mood, and bringing the same incidents in the surface of the mind and slowly they were dissociated or deleted from her mind. Then the faith therapy was followed convincing that God her creator the almighty coming down and teaching her like a loving parent the harmfulness of soft drinks and drugs. And she was made to believe that God caress, embraces, kisses and gives his power and grace to overcome all the blocks which hinders her graceful growth. After applying this technique, she was asked how did you feel? Renuka said "happy and relaxed" After three months feedback was collected once again. Changes were tremendous that she started to focus on her study and scored good marks. Before applying CVF protocol she failed almost all the subjects. Now even teachers have good opinion about her and she scored good marks in higher secondary board examination. She attends all the spiritual exercises without much compulsion.

II. FINDINGS:

When hard times come across in one's life, everyone thinks many times 'when will get over this and have a sound sleep?' This is the question and desire of most people. Here is the solution. If the client is willing to open up, half of the problem is solved and another half is healed by this technique. Emotional scars can pierce one's heart at any occasion at any age. Parent's stereotype behaviour and mal treatment hurt the children beyond our imagination. They may think they are doing the right thing and giving them the best, but sad to say, often the parent's best turns out to be the worst for their children. The present study would be relevant to turn the scars into stars and the stumbling blocks into stepping stones. CVF protocol is a new practice to heal the emotional scars within a short span of time with no side effects, harmless, painless, and confidential and heal the wounded person irrespective of cast or creed, young or old, rich or poor, illiterate or literate etc.

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