

which needing love makes her  
upting these needs have left her  
sessions 7 through 9, the client  
to her experience: the critic that  
and shutting off needs and the  
I accepted. She continues to de-  
sses a range of sadness, anger,  
dominant in the early sessions  
wants love and acceptance be-  
press acceptance of this part of  
tter and activation of her nega-

her interpersonal issue with her  
orthless, and unloved. In a key  
er:  
ah . . . I guess, you know, but  
and you weren't there to give

her fear:  
father—all I knew you as, was  
and hit me. That's all—I don't  
r that you cared for me or that  
anything. All I know you as  
angry with you because you  
mean and I heard Hitler was  
interrupts her painful sense of

a joke of it because it helps—  
ut it, I become so depressed I  
t it and you know I have that  
ness about things.  
e's a lot of hurt and a lot of  
unfished business dialogue:

C: I hate you. I hate you, there's no doubt about that in my mind. I've  
hated you for years. It angers me when I see you at family functions  
and I don't feel good being there and you act like nothing ever hap-  
pened.

Later on in the session, she expresses pain and hurt at her father's in-  
ability to make her feel loved:

"I guess I keep thinking that yeah, you will never be a parent, that you  
would pick up the phone and just ask me how I'm doing. It hurts me  
that you don't love me . . . yeah . . . I guess, you know."

She ends the session with a recognition that what she needed was accept-  
able. "I needed to be hugged once in a while as a child or told that I was  
OK. I think that's normal."

By accessing both pride and anger and grieving her loss, her core  
shame is undone (Greenberg, 2002). The client thereby begins to shift her  
belief that her father's failure was not because she was not worth loving.  
She says to him in the empty chair:

"I'm angry at you because you think you were a good father, you have  
said that you never hit us and that's the biggest lie on earth, you beat the  
hell out of us constantly, you never showed any love, you never showed  
any affection, you never ever acknowledged we were ever there except  
for us to clean and do things around the house."

Having processed her anger and her sadness and transformed her  
shame she takes a more compassionate and understanding position to her  
father. In an empty-chair dialogue with her father in session 10 she says:

"I understand that you've gone through a lot of pain in your life and  
probably because of this pain, because of the things you're seen, you've  
withdrawn. You're afraid to maybe give love the way it should be given  
and to get too close to anybody because it means you might lose them.  
You know and I can understand that now, whereas growing up I couldn't  
understand."

She is also able to continue to hold him accountable for the ways that  
he disappointed and hurt her while also allowing her compassion to be cen-  
tral in the development of a new understanding of his inner struggles.

"You know [being a concentration camp victim] had a real impact on  
you. Instead of being a teenager, you're a prisoner of war. It obviously  
had a lasting impact on you and then as life went on and, you know,