THE PROCESS AND OUTCOME OF VISUAL KINESTHETIC
DISASSOCIATION IN THE TREATMENT OF FEAR OF
DEATH IN WOMEN

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ABSTRACT

This study was undertaken to investigate the process and outcome of Visual Kinesthetic Dissociation in treating fear of death in women. This approach was designed by the researcher.

The specific questions this study proposed to answer were:

1. What changes occurred in the client's experience of the problem behavior (the observable physiological symptoms of the fear of death) after the V.K.D. process?

2. What were the specific changes in the client's psychological internal states related to fear of death after the V.K.D. process?

3. Was there a difference in the pretest and posttest scores on the Death Anxiety Scale after the therapy and after the feedback sessions?
4. Was there a difference in the pretest and posttest result interpretation of the color test after the therapy and after the feedback sessions?

To assess the process, an analysis was done of the positive and negative events and experience during the session from the perspectives of the participants.

The study used an idiographic (N=1) design with the individual as the unit of study. The study was replicated with 8 English-speaking college-educated Filipinas ranging in age from 25 to 55 in order to learn how and why the approach does what it does and the conditions under which it is likely to be most effective in the future.

The treatment result was synthesized from insights provided by NLP therapeutic patterns (Bandler and Grinder, 1975 and 1978). The therapeutic package consisted of (a) situating the troublesome aspects of the personal functioning of the client (concerning fear of death); therapeutic intervention using a group of procedures called Visual Kinesthetic Dissociation (V.K.D.) procedures which essentially consisted of assisting the individual to elicit, alter, modify and reorganize internal processes and responses. The number
of sessions were 5 including feedback-gathering and follow-up sessions.

The following were the process variables:

1. Positive and negative events and experience within the sessions from the perspectives of both the client and the therapist.
2. Report of feelings immediately experienced after the Visual Kinesthetic Session. All these after the Visual Kinesthetic Session. All these served as the indicators of therapeutic gains.

To understand the unique framework of the client, the following process measures were used:

1. Clients' self-report
2. Therapist assessment

The following were the outcome variables.

1. The extent to which the problem behavior changed (fear of death/presence or absence of observable physiological symptoms).
2. The clients' coping strategies in facing the fear.
3. Posttest result of Attitude Towards Death Scale and Color Test.
To understand the unique framework of the client, the following outcome measures were also used:

1. The above-mentioned measures which were used for the process measures.
2. Feedback from a significant other.
3. Attitude Towards Death Questionnaire
4. Color Test interpretation
5. Written feedback (Appendix E and F)
Results

The results showed that the clients changed on all the outcome variables which were perceived as positive by the clients, by the significant other and by the therapist assessment. The pretest, posttest and follow-up results of the Attitude Towards Death Questionnaire also indicated a change in the attitude of the clients from negative to positive. The Color Test result also indicated some positive changes in clients' use of inner resources after the therapy. These changes were assessed after a one-month period from the time therapy was initiated.

Conclusion

Taking together the findings, the following tentative conclusions were drawn.

1. The NLP concept and its procedural dynamics of Visual Kinesthetic Dissociation seemed to be an effective therapeutic tool in treating fear of death in women.

2. It helped the clients to evoke, alter, modify, reorganize and integrate processes and responses.
3. The analysis process in the light of the feedback from clients showed that the most effective, incident in the processing was the holding of the client's hand by the therapist (positive anchoring) and the embracing of the younger one (intervention; integrating the internal processes). The clients did admit that during the therapy they again went through the fear experience which they learned from the past and they relearned to dissociate from that pain and associate with new strength. All these may indicate that "anchoring will get almost everything" (Bandler and Grinder, 1979).