

## The Psychology of Reconciliation

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There are three key variables of violence, meaning anything that causes a harm/hurt: (1) intention, the extent to which the harm inflicted is willed, (2) individuation, the extent to which victim's identity matters to perpetrator, (3) irreversibility, the extent to which the harm cannot be undone.

Trauma is defined as the enduring after-effects of violence, harm/hurt to the body, the mind and spirit. Violence is the shock; the trauma the impact. The focus here is on violence and trauma in a relation between perpetrator and victim, where the causal chain of violence and trauma is seen as passing perpetrator before coming on to victim as an effect. Three stages should be processed for reconciliation: (1) Awareness: such trauma elements are programming victim, (2) Consciousness: victim wants to know what they are like, and (3) Wellness: victim wants to be well, liberated, with a new start. A set of twelve approaches for work on reconciliation can be pointed out: the exculpatory nature-structure-culture approach, the reparation/restitution approach, the apology/forgiveness approach, the theological/penitence approach, the juridical/punishment approach, the codependent origination/karma approach, the historical/truth commission approach, the theatrical/reliving approach, the joint sorrow/healing approach, the joint reconstruction approach, the joint conflict resolution approach, and the Polynesian ho'o pono pono approach. This field is in great need of more practice-related theory with psychological basis.