



## Healing Messages:

***The potential therapeutic benefit of mediumship readings in the treatment of grief***

### FACTS:

- ◆ Unresolved grief can cause significant mental and physical distress (e.g., Shahar et al., 2001; Stroebe et al., 2007).
- ◆ Traditional psychotherapy provides little to no effect for relieving grief (e.g., Currier, Neimeyer, & Berman, 2008).
- ◆ Spontaneous and induced experiences of after-death communications (ADCs) dramatically reduce grief (Botkin, 2000; Drewry, 2003; Hastings et al., 2002; Houck, 2005; LaGrand, 2005; Parker, 2005; Sanger, 2009).
- ◆ Pilot data suggest similar positive effects after readings with mediums (Mosher, Beischel, & Bocuzzi, 2010).

**The potentially therapeutic benefits of mediumship readings warrant further study.**

### EXPLORATORY STUDY

There have been no systematic studies published investigating the effects that receiving a personal mediumship reading from a non-denominational, mental medium has on the experience of grief.

An exploratory study using an anonymous, on-line survey which asked participants (n = 83) to retrospectively rate their levels of grief before and after a reading with a medium indicated that participants recollect experiencing meaningful reductions in levels of grief.

A subset (35%, n = 29) of participants also worked with a mental health professional (MHP) as part of their approach.

### REPRESENTATIVE PARTICIPANT COMMENTS

*"[The medium]... had a profound effect on my life and my grieving process... It has helped me in a way I never would have imagined."*

*"When my first MHP negated the reading I had with a medium, I switched to someone who understood and supported 'my new reality' and therefore received much more constructive help with my grief."*

*"After the reading... I had a different definition of my relationship with my mom that was more special than I could ever expect."*

*"I know that I personally needed to go through counseling as well. However, the level of healing was accelerated by getting readings."*

*"The medium reached my heart, the social worker my mind."*

### ADVANTAGES OF MEDIUMSHIP READINGS

Readings may be less frightening and easier to understand than more personal, spontaneous ADCs.

The regulated environment of a reading makes it well-suited as prescribable treatment option.

A reading may be preferred for individuals who long for contact but have not experienced it.

A medium serves as a non-judgmental participant who will not disparage the experiences of the bereaved.

### CONCLUSIONS

The absence of effective treatments for grief and the trends from exploratory data warrant further study into the potential therapeutic benefits of mediumship readings in the field of grief psychology.

We recommend controlled research trials with readings from credentialed mediums whose abilities to report accurate and specific information about the deceased have been demonstrated under controlled laboratory conditions (e.g., Beischel, 2007).

The combination of traditional psychotherapy and mediumship readings may prove to be more beneficial than either intervention separately.

# REFERENCES

- Beischel, J. (2007). Contemporary methods used in laboratory-based mediumship research. *Journal of Parapsychology*, 71, 37-68.
- Botkin, A. L. (2000). The induction of after-death communications utilizing eye-movement desensitization and reprocessing: A new discovery. *Journal of Near-Death Studies*, 18, 181–209.
- Currier, J. M., Neimeyer, R. A., & Berman, J. S. (2008). The effectiveness of psychotherapeutic interventions for bereaved persons: A comprehensive quantitative review. *Psychological Bulletin*, 134, 648–661.
- Drewry, M. D. J. (2003). Purported after-death communication and its role in the recovery of bereaved individuals: A phenomenological study. *Proceedings of the Annual Conference of the Academy of Religion and Psychical Research*, 74–87.
- Hastings, A., Ferguson, E., Hutton, M., Goldman, A., Braud, W., Greene, E., et al. (2002). Psychomanteum research: Experiences and effects on bereavement. *Omega: Journal of Death and Dying*, 45, 211–228.
- Houck, J. A. (2005). The universal, multiple, and exclusive experiences of after-death communication. *Journal of Near-Death Studies*, 24, 117–127.
- LaGrand, L. E. (2005). The nature and therapeutic implications of the extraordinary experiences of the bereaved. *Journal of Near-Death Studies*, 24, 3–20.
- Mosher, C., Beischel, J., & Boccuzzi, M. (April, 2010). The potential therapeutic benefit of mediumship readings in the treatment of grief. Poster presented at Toward a Science of Consciousness 2010, Tucson, Arizona.
- Parker, J. S. (2005). Extraordinary experiences of the bereaved and adaptive outcomes of grief. *Omega: Journal of Death and Dying*, 51, 257–283.
- Sanger, M. (2009). When clients sense the presence of loved ones who have died. *Omega: Journal of Death and Dying*, 59, 69–89.
- Shahar, D., Schultz, R., Shahar, A., Wing, R. (2001). The effect of widowhood on weight change, dietary intake, and eating behavior in the elderly population. *Journal of Aging Health*, 13, 186–199.
- Stroebe, M., Schut, H., & Stroebe, W. (2007). Health outcomes of bereavement. *Lancet*, 370, 1960–1973.

---

---

## About the Windbridge Institute

The Windbridge Institute uses traditional scientific methods  
to study non-traditional topics.

We are interested in the capabilities of  
our bodies, minds, and spirits and determining  
how that information can best serve all living things.

For more information about our research and for simple ways  
to get involved and stay connected, please visit:

**[www.windbridge.org/connect.html](http://www.windbridge.org/connect.html)**