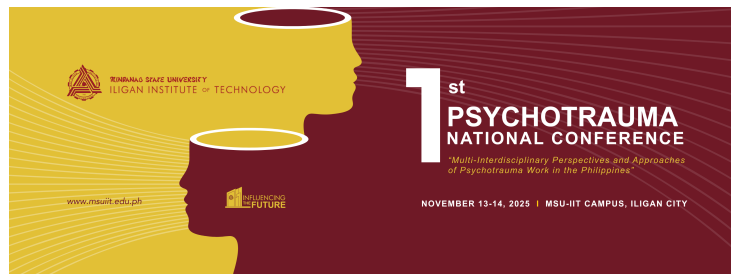


National Psychotrauma Conference 2025



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The Lived Experiences of World War 2 Survivors on Healing and Forgiveness

Thursday, November 13, 2025 3:30 PM (15 minutes)

This study explores the lived experiences of World War II survivors from Lipa, Batangas, with a focus on how they found healing and forgiveness in the decades after the war. Using a qualitative descriptive phenomenological approach, the research aimed to capture personal narratives of their experiences and feelings during the war, which include trauma, resilience, healing, forgiveness, and reconciliation. In-depth interviews were conducted with survivors who experienced the Japanese occupation and the atrocities committed in the area. Through text analytics and thematic analysis, six overarching themes were identified: (1) trauma and atrocities experienced during the war, (2) emotional reactions to wartime experiences, (3) coping and survival strategies, (4) changing perceptions toward the Japanese over time, (5) role of family and community in healing, and (6) faith and spirituality as a path to healing. Findings reveal that while wartime memories remain vivid and painful, many survivors have achieved a sense of peace, healing, and forgiveness through faith, family support, and acts of reconciliation. This study contributes not only to war trauma and peacebuilding, but also to Batangas Studies and Philippine Local History, highlighting the effects of war and the healing power of forgiveness in the years that followed.

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Track Classification: Rebuilding and Flourishing: Recovery, Resilience, and Growth After Adversity