



# *The Psychology of Forgiveness*

## Frederic Luskin, Ph.D.

### **Objectives Participants will:**

- Gain a practical understanding of the process of grievance and forgiveness related to self and others
- Understand the core components of grievance and forgiveness for personal and professional use
- Learn simple techniques for facilitating self change and emerge with an enhanced repertoire of forgiveness skills to help others
- Have an increased understanding of the mind-body connection and how it relates to emotional and physical well-being
- Learn the 9 steps of forgiveness

### **12 hours**

#### **1) What Is Forgiveness and What Is Not?**

- Research on Forgiveness
- Effects of Unmanaged Anger and Hurt on Psychosocial and Physical Health
- Effect of Positive Emotions on Psychosocial and Physical Health

#### **2) Grievances**

- Three Core Components in Creating an Interpersonal Grievance
- Reversing the Grievance Process

#### **3) Techniques of Cognitive Disputation**

- Guided Practice in Gratitude

#### **4) Techniques of Mindfulness Training**

- Present-Centered Acceptance
- Guided Practice in Present Moment Stress Management

#### **5) Choices in Emotional Well Being**

- Bitterness and Holding onto Grievances from the Past
- Goal Seeking (Positive Intentions) and Forgiveness

#### **6) The HEAL Visualization Method**

- New Approaches for Relaxation Training
- Building a Secure Attachment

#### **7) Narrative and Story**

- Assessment of Self-Healing

#### **8) The 9 Steps to Forgiveness**

- Avoiding Relapse

## **Frederic Luskin, Ph.D.**

Frederic Luskin, received his Ph.D. in Counseling and Health Psychology from Stanford University. He is currently the Director of the Stanford University Forgiveness Projects, a Senior Consultant in Health Promotion at Stanford and an Associate Professor at the Institute of Transpersonal Psychology. He also serves as the Co-Chair of the Garden of Forgiveness Projects at Ground Zero in Manhattan.

Dr. Luskin is the author of *Forgive for Good and Forgive for Love* and *Stress Free for Good*. Dr. Luskin's work has been featured in Time, O, Ladies Home Journal, U.S. News and World Report, Parade, and Prevention as well as the New York Times, Los Angeles Times, Chicago Tribune, USA

Today and the Wall Street Journal.

On three occasions Dr. Luskin has successfully worked with men and women from both sides of the violence in Northern Ireland who have had family members killed. In addition, he worked with 7 different groups of financial advisors after the stock market crash of 2013 to enhance their conflict resolution and stress management skills.

Dr. Luskin has conducted forgiveness training for a wide range of organizations and audiences across the country.

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