



# DON'T ASK ME TO FORGIVE YOU!

## A Radical Approach to Healing Interpersonal Wounds

Presented by

**Janis Abrahms Spring, Ph.D., ABPP**

In this workshop, Dr. Spring presents a radical, new alternative to forgiveness - a profound, life-affirming, healing process called Acceptance. You'll learn ten concrete steps for helping hurt parties make peace with the past, including how to release an obsessive preoccupation with the injury, choose a level of relationship with the offender that makes the most sense, and correct self-injurious assumptions about what happened.

### Objectives, Participants will be able to describe:

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| <ul style="list-style-type: none"> <li>• Assumptions about what it means to forgive</li> <li>• Why current models of forgiveness offend so many</li> <li>• Why narcissists refuse to forgive and others forgive too easily</li> <li>• A radical, new alternative which allows hurt parties to</li> </ul> | <ul style="list-style-type: none"> <li>• become physically and emotionally healthy—without forgiving an unapologetic offender</li> <li>• Concrete guidelines for helping offenders (such as unfaithful partners) earn forgiveness</li> <li>• Guidelines for helping hurt parties foster forgiveness</li> </ul> |
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### J&K Seminars Home Study Program - 6 hours CE Credits (Social Workers receive 5.5 CE Credits)

#### Assumptions About What It Means to Forgive

- Is forgiveness good for us?
- Is forgiveness a private gift or an interpersonal exchange?

#### Cheap Forgiveness & Refusing to Forgive

- Why narcissists refuse to forgive
- Why others forgive too easily
- Why refusing to forgive and forgiving too cheaply are unhealthy

#### Acceptance - A Radical Alternative

*What hurt parties can do to heal themselves, including:*

- Release their obsessive preoccupation with the injury and need for revenge
- Frame the offender's mistreatment in terms of the offender's personal damage and life stresses

#### Acceptance - A Radical Alternative, continued

- Correct misperceptions about the offender and the offense
- Challenge their official story about their innocence
- Forge a relationship with offenders that serves their best interests

#### Genuine Forgiveness

*What offenders must do to earn forgiveness, including:*

- Challenge the assumptions that block their ability to make meaningful repairs
- Bear witness to the pain they caused
- Make an effective apology
- Seek to understand their behavior so they never repeat the transgression
- Work to earn back trust

#### An Experiential Exercise

*What hurt parties can do to foster forgiveness*

## Janis Abrahms Spring, Ph.D., ABPP

Dr. Spring is a nationally acclaimed expert on issues of trust, intimacy, and forgiveness. She received her B.A. from Brandeis University and her Ph.D. from the University of Connecticut. She completed a post-doctoral fellowship at the University of Pennsylvania, supervised by Dr. Aaron Beck.

She is the author of the award-winning books, *After the Affair: Healing the Pain and Rebuilding Trust When a Partner has Been Unfaithful* (Amazon's #1 best seller in its category of couples and family therapy); *How Can I Forgive You? The Courage to Forgive, The Freedom Not To*, and her latest, *Life with Pop: Lessons on Caring for an Aging Parent*.

In private practice for 35 years, Dr. Spring is a Board Certified in Clinical Psychology, a recipient of the Connecticut Psychological Association's Award for Distinguished Contribution to the Practice of Psychology, and former clinical supervisor in the Dept. of Psychology at Yale University.

The originality and clinical richness of her work make her a popular media guest on programs such as NPR, GOOD Morning America, and SiriusXM Radio. She trains thousands of therapists each year at professional venues such as The Smithsonian Institute, Smith College, The Ackerman Institute, and Kripalu.

She and her husband live in Westport, Connecticut, and have four sons and four grandchildren. More at: [www.janisaspring.com](http://www.janisaspring.com)

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