



# Forgiveness?

*A Radical Approach to Healing Infidelity and Other Relationship Wounds*

Presented by

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

Friday, February 19, 2021

**LIVE INTERACTIVE WEBINAR 9 a.m. - 4:15 p.m. ET**

**Overview** This workshop proposes a radical alternative approach for responding to relationship wounds which allows clients to heal – *without* forgiving. It will also spell out how forgiveness may be earned.

## Agenda

### Is Forgiveness Good for Us? What is Cheap Forgiveness?

- What constitutes healthy versus unhealthy forgiveness?
- Is forgiveness necessary for good health?
- Case illustration of Cheap Forgiveness

### Refusing to Forgive: Another Unhealthy Response to Injury

- Psychological and physiological disadvantages of *Not Forgiving*
- Narcissistic responses to injury
- Case illustration of *Not Forgiving*

### Acceptance: A Radical Alternative

- Strategies for overcoming obsessive ruminations over an injury
- Differentiating getting psychologically and physically healthy from forgiving
- Case illustrations of Acceptance

### Genuine Forgiveness: An Intimate Dance

- How can Genuine Forgiveness be earned?
- What constitutes an effective apology?
- Case illustrations of Genuine Forgiveness

## Objectives - Participants will be able to describe:

- popular assumptions about what it means to forgive.
- hurt parties with a radical, new alternative which allows them to become healthy – *without* forgiving an unapologetic offender.
- four different responses to interpersonal injury and identify what makes them dysfunctional or healthy.
- specific, concrete guidelines for helping offenders earn forgiveness and for helping hurt parties foster forgiveness.

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

is a nationally acclaimed expert on issues of trust, intimacy, and forgiveness. She is author of the award-winning books: *After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful* (which has sold more than ½ million copies), *How Can I Forgive You? The Courage to Forgive*, *The Freedom Not To* and *Life with Pop: Lessons on Caring for an Aging Parent*.

In private practice for over 42 years, Dr. Spring is a board certified clinical psychologist, a recipient of the Connecticut Psychological Association's Award for Distinguished Contribution to the Practice of Psychology, and a former clinical supervisor in the Department of Psychology at Yale University.

The originality and clinical richness of her work make her a popular media guest. She trains thousands of therapists each year at professional venues such as The Ackerman Institute, Kripalu, Harvard's Educational Conferences, and Smith College.

She presented for J&K in 2011 and received high praise from those attending.

## Order Book With Your Registration

Dr. Spring's 3rd Edition of her best-selling book: *After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful* was published August 25, 2020 and includes new case material.

*There is nothing quite like the pain and shock caused when a partner has been unfaithful. The hurt partner often experiences a profound loss of self and falls into a depression that can last for years. For the relationship, infidelity is often a death blow. After the Affair is the first book to help readers survive this crisis.*

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