

Effective Forgiveness

Cheri DeMoss, MA, CADC, MAC
Empowering Options, Counseling and Psychotherapy
2656 W. Montrose #102
Chicago, IL 60610
(312) 338-2889
cdemoss@EmpoweringOptions.com

How many times have you had clients come into your office saying they “just need to forgive”? Or perhaps, you have worked with them for a while and you suggest that they learned to forgive those in their lives. Forgiveness is a strong part of mental health and crisis work. And it is extremely effective in healing past childhood wounds.

Yet many would agree that forgiveness is one of the hardest things to do and the most difficult to explain in a useful–out-into-action-sort of way. In fact, forgiveness and its implementation is one of the biggest struggles our clients have.

This training will explore in very concrete, clear terms exactly what defines forgiveness; what it looks, feels and thinks like. We will look at what makes forgiveness so very difficult. We will explore how real forgiveness is not the same as simply letting something go. There are fears that come up in subtle and unexpected ways that prevent us and our clients from relaxing into forgiveness. This training will look at those fears and give participants specific techniques, information and tools that can be used immediately and effectively to create forgiveness.

We will look at the client’s attitudes, ideas and especially their behavior to clearly see how they create, perpetuate and escalate situations until an emotional struggle ensues.

The last half of the workshop will concentrate on specific, concrete tools and techniques that can be used immediately by workshop participants. This will be accomplished by the use of handouts, exercises and interaction to learn these tools and techniques and to learn how to handle difficult clients more effectively.