

*“Ho’okahi no la’au lapa’au, o ka mihi”  
The first remedy is forgiveness*

## FORGIVE FOR GOOD WORKSHOP

The Office of Youth Services & Unity Church of Hawai’i are sponsoring a **FREE Forgive For Good Workshop** presented by **Fred Luskin, Ph.D., Director of the Stanford Forgiveness Project, and Trainers in Training (who are participating in a year-long program to learn how to conduct the forgiveness workshop)** to promote forgiveness life skill training for youth and families.

The workshop will be held on Sunday, May 3, 2009, 1:30 p.m. – 5:00 p.m. at the Unity Church of Hawaii, 3608 Diamond Head Circle, Honolulu. Participants will learn the basics of forgiveness methods, including simple techniques for facilitating self change and an enhanced repertoire of forgiveness skills to help others. This training opportunity is part of the ongoing *Forgiveness Life Skill Project* that is focused on developing effective forgiveness curriculum, resources and training for applications in various youth and family service settings.

To register for **Forgive For Good Workshops**, complete the form below and fax to: (808) 587-5734 or email to [mchinen@dhs.hawaii.gov](mailto:mchinen@dhs.hawaii.gov) by **Wednesday, April 29, 2009**. Please contact Merton Chinen at (808) 587-5712 or e-mail [mchinen@dhs.hawaii.gov](mailto:mchinen@dhs.hawaii.gov) for questions and further information. There is no cost for this training opportunity; however, pre-registration requested since enrollment will be limited.



# Forgive For Good Workshop

**1:30 p.m. – 5:00 p.m.**

**(Registration begins @ 1:00 p.m.)**

Name: \_\_\_\_\_

Position: \_\_\_\_\_

Company/Agency: \_\_\_\_\_

Program: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

E-mail: \_\_\_\_\_

Registration deadline is April 29, 2009.

**REGISTRATION WILL BE CONFIRMED THROUGH EMAIL OR PHONE CONTACT.**

## Forgive for Good Workshop

*Forgiveness* is an ancient practice that over the centuries has been believed to help heal relationships, soothe painful emotions, and lead to a more fulfilling life. Recent research has confirmed the power of *forgiveness* and clarified the steps necessary to be *forgiving*.

This workshop is designed to teach participants the basics of the forgiveness methods used in the Stanford Forgiveness Projects. This is done through the integration of the principles of cognitive therapy with emotion. The course consists of lecture, discussion and guided practice. The overarching principle of the workshop is the importance of focused attention in the creation of both positive and negative emotional states. In addition, relevant research on the effect of emotional status on physical health is reviewed and the importance of the mind/body link for creating forgiveness is elucidated.

### ***Participants will be able to:***

- Gain a practical understanding of the process of grievance and forgiveness related both 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.

In the Forgive for Good Workshop, Dr. Frederic Luskin and Trainers in Training (who are participating in a year-long program to learn how to conduct the forgiveness workshop) will present the forgiveness training methodology that has been validated by six successful research studies conducted through the Stanford Forgiveness Projects. For centuries, practicing *forgiveness* has been extolled in both psychological and religious traditions. Recently there has been a surge in research to understand the value and importance of practicing *forgiveness*. Dr. Luskin and other researchers have been able to confirm the virtues of *forgiveness* and the importance *forgiving* has in psychological, relationship and physical health. *Forgiveness* has been shown to reduce anger, hurt, depression and stress and lead to greater feelings of optimism, hope, compassion and self-confidence.

Dr. Luskin's work combines lecture with a hands-on approach to the ancient tradition of *forgiveness*. Participants explore *forgiveness* with the goal of reducing hurt and helplessness, letting go of anger and increasing confidence and hope as they learn how to release unwanted hurts and grudges.

Dr. Luskin holds a Ph.D. in Counseling and Health Psychology from Stanford University. He is the Co-Director of the Stanford-Northern Ireland HOPE Project, an ongoing series of workshops and research projects that investigate the effectiveness of his forgiveness methods on the victims of political violence. Dr. Luskin continues to serve as Director of the Stanford Forgiveness Project, the largest research project to date on the training and measurement of a forgiveness intervention. He is also a Senior Consultant in Health Promotion at Stanford University and is an Associate Professor at the Institute of Transpersonal Psychology.