

## **Embody Forgiveness: From Resentment to Transcendence**

March 30–April 1, 2018

Melody Moore

This program will teach therapists, counselors, and teachers how to apply the work of forgiveness practices in clinical settings with individuals, groups, and families. The course will use body based movement, meditation, role play, and didactics as teaching tools.

The purpose of this program is to identify the benefits of forgiveness practice and to identify the ways shame and resentment thwart growth and the potential for happiness.

The target professional audience is mental health professionals and intermediate level psychologists, while it would also be accessible for beginners and useful for even advanced psychologists.

Social workers will leave with the capacity to offer forgiveness practices in both clinical and public settings. These practices have been made available to groups of people of different races, ethnicities, religions as ways to heal and repair cultural hurt and harm

This work is relevant to clinical work for psychologists, especially those providing individual, couple, family, or group therapy. When patients can free themselves from holding onto resentment and shame, they are able to work through many of the root causes of disorders like mood disorders, anxiety disorders, eating disorders, and addictions. The relevancy to understand how trauma is held in the body serves to support patients in working with their bodies instead of consistently attempting to escape their bodies through symptom formation.

### **PROGRAM SCHEDULE**

#### **Friday, March 30**

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| 7:30–8:15 pm | What Forgiveness Is and What It Is Not<br><i>Learning Objectives</i><br>Recognize what forgiveness is and isn't.   |
| 8:15–8:45 pm | Guided Meditation on Being a Learning in this Lifetime<br><i>Learning Objective</i><br>Practice guided meditation to meet and do reparative work with the inner child. (Not eligible for Psych CE credit.)   |
| 8:45–9:30 pm | Combined yoga practice and journal exercises around issues of resentment and past shame. Group psychotherapy sharing.<br><i>Learning Objective</i><br>Recognize and describe the physiological impacts of holding shame in the body. (Not eligible for Psych CE credit.) |

## **Saturday, March 31**

- 8:30–9:30 am Didactic presentation on non-violent communication, boundary setting, and compassionate confrontations.  
*Learning Objective*  
Recognize and summarize the principles of Non-violent Communication.
- 9:30–10:30 am Yoga class; emphasis on holding oneself with compassion and self-love  
*Learning Objective*  
Practice yoga emphasizing oneself with compassion and self-love. (Not Eligible for Psych CE credit.)
- 10:30–11:30 am Role play, psychotherapy live group experience working through 5-stage process of radical forgiveness.  
*Learning Objective*  
Explain the difference between traditional and radical forgiveness; identify the 5-stage process of radical forgiveness.
- 1:45–3:15 pm Guided through Jack Kornfield's Three Directions of Forgiveness Meditation.  
*Learning Objective*  
Explain the three directions of forgiveness; describe the benefits of the ho'oponopono meditation practice. (Not Eligible for Psych CE credit.)
- 3:15–3:45pm Didactic on riding the wave of emotions and helping clients to ground, orient, and breathe as they remember and reclaim parts of themselves from the prisons they've built by staying rooted in the past.  
*Learning Objective*  
Identify key emotions that negatively impact perception and clarity.

## **Sunday, April 1**

- 9:00–10:00 am Embodied yoga practice to create and then release tension in the body following didactic presentation on how trauma is held in the body and the impact of releasing past wounds on the physical and psychological body  
*Learning Objective*  
Describe the physiological impacts of holding resentment in the body. (Partial Psych CE credit.)
- 10:00–11:00 am Interactive discussion and reclaiming of lost sense of self, lost time, lost energy, lost vitality, lost relationships from having held on to past hurt for too long. Journaling, discussion, group and process. Q&A. (Not Eligible for Psych CE credit.)

## **Psychology | 3.75 CE Credits**

Kripalu Center for Yoga & Health is approved by the American Psychological Association to sponsor continuing education for psychologists. Kripalu Center for Yoga & Health maintains responsibility for this program and its content.

All programs eligible for Psychology CE credits are given full credit (excluding breaks/meals) unless otherwise noted in the schedule above.

CE credits for psychologists are only available for workshops or sessions that are at least one hour in length.

As an APA-approved sponsor of continuing education, Kripalu Center for Yoga & Health is committed to the identification and resolution of potential conflicts of interest in the planning, promotion, delivery, and evaluation of continuing education. Consistent with concepts outlined in the APA Ethical Principles of Psychologists and Code of Conduct, potential conflicts of interest occur when an individual assumes a professional role in the planning, promotion, delivery, or evaluation of continuing education where personal, professional, legal, financial, or other interests could reasonably be expected to impair his or her objectivity, competence, or effectiveness.

(Note All programs indicating the availability of psychology CE credits have been reviewed to be free of any potential conflict of interest and/or commercial support unless otherwise noted on this program's webpage.)

## **Social Work | 8 CE Credits**

Programs have been approved for Category I Continuing Education hours for relicensure, in accordance with 258 CMR through the collaborative of NASW and the Boston College and Simmons College Schools of Social Work. Kripalu is not recognized by the state of New York to offer continuing education credits to social workers through the Collaborative of NASW-MA Chapter and the Boston College and Simmons College Schools of Social Work.

For additional CE information, visit [kripalu.org/cecredits](http://kripalu.org/cecredits).