

The Freedom of Forgiveness

Help your Clients to Forgive Everyone and Everything
An inspiring one-day seminar for counseling professionals



Mary Hayes Grieco



Mary Conner, MA, LP

"This team teaches with synergy and with LOVE."

Friday, November 21, 2014

8:30am – 4:30pm

Sponsored by:

- *The Des Moines Pastoral Counseling Center*
- *The Midwest Institute for Forgiveness Training*

First Christian Church

2500 University Avenue, Des Moines IA

Cost: \$75

Seminar schedule

8:30 – 9:00 Registration and continental breakfast
9:00 – 10:30 Overview of model, tools, and review of current research about forgiveness and health

Break

10:45–12:15 The Eight Steps of Forgiveness

Lunch

1:15 – 1:30 Psychosynthesis Disidentification Exercise
1:30 – 3:00 Demonstration of Technique and Q&A

Break

3:15– 4:30 Applications of the Eight Steps in clinical practice

"The experience of facilitating true forgiveness for a client is profound and inspiring. We use a reliable method to produce an ever-fresh miracle: the palpable release of a heavy emotional burden and the liberation of the shining human spirit."

– Mary Hayes Grieco

Here's what people are saying:

"This training was fabulous – Mary Hayes Grieco is a gifted and inspiring presenter with a wealth of knowledge. In the training she presented for the European Branch of the American Counseling Association, our members gained valuable skills to use in their counseling practices. It was a very enriching experience, personally and professionally, and I am using my new knowledge already."

– Frankie Nielsen, Ed.D. President, EB-ACA

"Wonderful - I plan on using this method right away. I appreciate the balance of the logical and the spiritual. It was very helpful to have a specific and identifiable process to use both personally and clinically."

– Anne, MSW, Seminar attendee 2013

"This is the best program I've attended in the seven years I've been doing therapy!"

– Stephen, LP, Seminar attendee 2014

REGISTER: 612-874-6622

Online at www.forgivenessstraining.com

The Freedom of Forgiveness Professional Training

Friday, November 21, 2014 • Des Moines, IA

An inspiring one-day seminar for counseling professionals: help your clients become free from past hurts

"Forgiveness" is an ancient and misunderstood concept that challenges our understanding. It is an issue of universal concern because hurts, betrayals and injuries of one sort or another are fundamental human experiences. The backlog of unforgiven history stands as an unspoken challenge for many of us, and mental health professionals are acutely aware of this. Today, this topic is enjoying a renaissance of new inquiry and fresh conversation in society and in the fields of medicine and psychotherapy. There is a growing body of research that suggests that the emotional relief of forgiveness has physical health benefits as well. But thorny questions persist:

What is forgiveness? When is a client ready to forgive? Does my client have to reconcile with the offender? Are there some things that are unforgiveable? How do we introduce a spiritual tool to clients in a way that honors their own faith beliefs?

In this workshop we will entertain all of these questions in the light of an illuminating holistic model and a step by step method of forgiveness that reliably helps people become free of past hurts, swiftly and permanently.

This workshop is designed to help you:

- review current research linking forgiveness with stress reduction and physical health
- understand the Psychosynthesis Model of psychological health
- learn The Eight Steps of Forgiving Another
- understand how forgiveness brings healing and closure to survivors of loss and trauma
- recognize which clients are ready to learn and apply a method of forgiveness
- discuss and develop strategies for applying The Eight Steps in a clinical practice

This workshop has been designed to provide 6 CEUs for mental health professionals

Mary Hayes Grieco is the director and lead trainer of The Midwest Institute for Forgiveness Training, and the author of *Unconditional Forgiveness, A Simple and Proven Method to Forgive Everyone and Everything*, published in 2012 by Simon & Schuster. She has been teaching her potent method of emotional healing to professionals and to the general public for twenty-five years, and her work has taken her around the world. Learn more at www.maryhayesgrieco.com.

Mary will be assisted by **Mary Conner**, MA, LP from The Midwest Institute for Forgiveness Training.

THE MIDWEST INSTITUTE FOR
Forgiveness Training



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