

Forgiveness in Psychotherapy: Clinical Applications & Emerging Research

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Scientific research on forgiveness has intensified with nearly 2,000 empirical studies including more than 50 treatment studies. This research shows, in general, forgiveness is positively associated with mental and physical health. Surveys also show most therapies view forgiveness as potentially constructive in certain cases, but it can be used in coercive ways that do not foster healing. This workshop presents recent advances in research, intervention strategies, and diversity considerations related to forgiveness in a variety of cases, including individual and couples therapy.

Presented by:

Steven J. Sandage, Ph.D. is a Licensed Psychologist at the Danielsen Institute, and an Albert and Jessie Danielsen Professor of Psychology of Religion and Theology at Boston University. His books include 'To Forgive is Human', 'The Faces of Forgiveness: Searching for Wholeness and Salvation', 'The Skillful Soul of the Psychotherapist: The Link between Spirituality and Clinical Excellence', and the APA Book 'Forgiveness and Spirituality: A Relational Approach'. Dr. Sandage specializes in couples and family therapy, multicultural therapy, spiritually-integrative therapy, and most recently has been collaborating with researchers and clinicians in studying forgiveness in the treatment of Borderline Personality Disorder.

(6 CE Credits)

LEARNING OBJECTIVES:

At the conclusion of the presentation, participants will be able to:

1. Discuss key dimensions of a psychological definition of interpersonal forgiveness.
2. Describe research findings on psychological barriers and pathways to forgiveness.
3. Assess diversity factors that might influence dynamics of forgiveness.
4. Plan intervention strategies that can facilitate forgiveness in psychotherapy.