

First Friday Forum
Friday, June 2

The Role of Forgiveness in Psychotherapy and Applications to Justice Issues and Historical Trauma

Mary Hayes Grieco, B.A.
Sharon Stein McNamara, Ed.D., LP

Virtual

This program qualifies for 3.0 continuing education credits

Level: Introductory: Assumes post-doctoral education status and limited familiarity with topic.

Location: Registrants will receive a Zoom link to access the session online

About the Program:

Forgiveness is an ancient and troubling concept that challenges our sense of justice and our ability to heal chronic anger and resentment. Originally held in the realm of religion and philosophy, recent research in mental health and medicine demonstrates that it is true that forgiveness is a necessary attitude and experience that heals us and brings us peace and relief about life's hurts, losses, and disappointments. But how do you forgive? When are you ready? With which of my clients is it appropriate to use the intervention of a facilitated forgiveness experience? This presentation is intended to introduce the mental health professional to a model of holistic psychological health and an effective tool for emotional healing through forgiveness. The Eight Steps of Forgiveness are a reliable intervention to help someone reduce emotional pain and physical stress symptoms associated with unresolved hurt, loss, disappointment, trauma, resentment, and low self-esteem. The material reflects the connection between spirituality and emotional healing; the content is inclusive and non-sectarian. The special concerns of how to heal historical trauma and societal oppression issues will be addressed.

This program qualifies for 3.0 continuing education credits. Attendees must attend entire session to gain credit.

Conflict of Interest: Mary Hayes Grieco, B.A., has several books for sale that use this model. Sharon Stein McNamara, Ed.D., LP has no conflict of interest to report.

Participants will be able to:

1. List the current research linking forgiveness with improved health outcomes.
2. Describe how to facilitate faster emotional recovery with The Eight Steps of forgiving another person or situation.
3. Explain how forgiveness of oppression and historical trauma can be addressed and healed in a meaningful personal way.

About the Presenters:

Mary Hayes Grieco, B.A., is the author of *Unconditional Forgiveness - A Simple and Proven Method to Forgive Everyone and Everything*, and she is the director of The Midwest Institute for Forgiveness Training in Minneapolis. Ms. Hayes Grieco has been teaching the general public and over 1200 counseling professionals how to forgive for over 30 years, and her work has taken her around the world. Ms. Hayes Grieco worked on staff at Hazelden's renewal center for sixteen years, and at The Management Center of St. Thomas for four years. She works in private practice doing forgiveness coaching and spiritual direction at The Well Healing Arts Center in Minneapolis. Ms. Hayes Grieco received her B.A. in Liberal Arts from Metropolitan State University.

Sharon Stein McNamara, Ed.D., LP graduated from the Harvard Graduate School of Education in 1991. She has been licensed as a psychologist in Massachusetts and Minnesota. Her degree is in Human Development and Psychology. Dr. Stein McNamara has completed extensive training as a dialectical behavior therapist for children, adolescents and adults and holds a certificate in Permanency and Adoption Competency to work with adopted persons and their families. She herself is an adopted person who has re-united with birth family and who has experience with search and reunion for adult adopted persons. She also has trained to do family-law related forensic work with parents, children and families. Dr. Stein McNamara has worked as an Adjunct Professor at Argosy University in the Minnesota School of Professional Psychology, teaching developmental psychology and group therapy. Her specialty areas are helping children and families cope with divorce, family planning, adoption and helping all ages work with trauma-related issues and personality disorders and has successfully used forgiveness in her practice. Dr. Stein McNamara has been interviewed for *Adoptees-On*, an Internationally recognized Podcast and has an online seminar through Minnesota Psychological Association called *Clinical Issues in Adoption Across the Lifespan*.

The Minnesota Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. The Minnesota Psychological Association maintains responsibility for this program and its content.

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CONFIRMATION/CANCELLATION: You will receive an emailed confirmation of your registration. You will be notified by mail, e-mail or telephone if your selection is filled or cancelled.

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Registration is available until the event begins.

Fee: MPA member: \$60 Non-member: \$95 Student: \$15 Retired-member: \$30 (No CE Credit) *Retired members have the option to pay the regular member rate to receive CE credit or take advantage of the discounted price with no CE.*

Total Amount Enclosed: \$

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