



Dr. Shay Speaks, LLC

**Twin Lakes Recovery Center**

**September Continuing Education Proposal**

**Tentative Date: 9/25/2020**

**Title: Forgiveness & Recovery**

**Summary:** What is forgiveness? Is it a cognitive decision, emotional process or a behavioral act? What are some common myths about forgiveness? What types of family conflicts relate to forgiveness? How do we help clients seeking to forgive? How do our personal and professional stances inform our work with clients? What are the benefits and challenges of facilitating forgiveness? What are some specific factors to consider when contemplating and facilitating the process of forgiveness with clients in recovery? This workshop will offer participants a chance to reflect upon and discuss these questions. The presenter will provide an overview of multiple models (including intergenerational and strengths-based styles of family therapy, humanistic approaches, faith-based models, and cognitive-behavioral therapy). Self-of-the-therapist issues, including personal triggers and the role of theory and practice, will also be addressed.

**Objectives:** Participants will be able to:

- 1) Explore the meaning of forgiveness and related concepts
- 2) Examine clinical application principles and practices from various styles of individual, couple and family therapy
- 3) Investigate benefits and challenges of facilitating forgiveness with clients in recovery