

## **The Journey of Forgiveness: An Educational Program for Persons at the End of Life**

*The Journey of Forgiveness: An Educational Program for Persons at the End of Life* is an educational publication that was developed in part by funds provided by the John Templeton Foundation. The manual was developed for the grant: Forgiveness at the End of Life; principal investigators, C. Porter Storey Jr., MD, FACP, Medical Director, St. Luke's Episcopal Hospital Palliative Care Service, and Associate Professor of Medicine, Section of Geriatrics, Baylor College of Medicine, and Anthony J. Greisinger, Ph.D., Director of Research, Kelsey Research Foundation. Mary J. Hansen, Ph.D., and Robert D. Enright, Ph.D., authors of the publication, also utilized this educational manual for Ms. Hansen's doctoral dissertation, "Forgiveness as an educational intervention goal for persons at the end of life" (University of Wisconsin-Madison, 2002).

The manual was developed in a manner that recognizes and respects the specific needs of persons at the end of life. The material is limited in length, with four sessions developed to cover the process of forgiveness. It is anticipated that each session will have a duration of approximately 60 minutes when reviewed with a participant. The manual was designed to be respectful of participants' needs and to tailor the format of sessions to meet participants' preferences, understanding that persons participating in the educational program would have limited time and energy to complete a more exhaustive program.

The manual provides an outline for the educator to follow during the program. Each of the four sessions within the manual is developed with handout materials to be given to the participant for review during the discussion. At the end of each session, the participant is also provided a topic card. The participant is then asked to reflect upon the topic card during the time between the next session. At any time, the instructor may review previous materials and concepts covered in earlier sessions with participants as requested.

*The Journey of Forgiveness: An Educational Program for Persons at the End of Life* is based upon the process model of forgiveness developed by Dr. Robert Enright and The Human Development Study Group (1991). It is expected that educators utilizing this manual will have training and familiarity with the Enright Forgiveness Process Model.

Enright, R.D. & The Human Development Study Group (1991). The moral development of forgiveness. In W. Kurtines & J. Gewirtz (Eds.), *Handbook of moral behavior and development*, (Vol.1, 123-152). Hillsdale, NJ: Erlbaum.

Hansen, M.J. (2002). Forgiveness as an educational intervention goal for persons at the end of life (Doctoral dissertation, University of Wisconsin-Madison, 2002). *Dissertation Abstracts International-A*, 63(04), p.1224.