

General Information

Fee: In person, \$150; audio, \$75

Location: Pyle Center, 702 Langdon St, Madison, Wis.

Registration: 8:30-9 am; workshop 9 am-4 pm.

Approved Hours/Continuing Education Credits:

0.6 CEU=6.0 hours of professional continuing education.

Social Workers: The University of Wisconsin-Madison Continuing Studies (Provider #1042) is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), (1-800-225-6880) through the Approved Continuing Education (ACE) program and maintains responsibility for the program. Social workers will receive 6.0 continuing education clock hours for completing this course. WI, IA, IL, MI, and MN Boards of Social Work recognize ACE programs.

Counselors: UW-Madison Continuing Studies is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors and adheres to NBCC continuing education guidelines. (provider # 5990).

WI Psychologists, and Marriage and Family

Therapists: qualifies as an accredited university continuing education course relevant to professional practice.

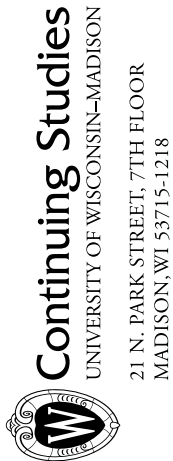
WI Substance Abuse Counselors: qualifies as a continuing education course consisting of relevant subject matter taught by qualified presenters.

Educators: this program may qualify towards your Professional Development Plans (PDPs).

Other professions: completion of this program qualifies for 6.0 continuing education hours. Contact your own board or organization for specific continuing education requirements.

Program cancellations: In the event of bad weather or other emergencies, call 608-263-4432 or visit continuingstudies.wisc.edu to learn whether a Continuing Studies program or class has been cancelled.

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**Forgiveness: A Pathway
to Emotional Healing**

Spend the day with the man that Time magazine calls "the forgiveness trailblazer"; UW-Madison Professor Robert Enright

Forgiveness: A Pathway to Emotional Healing

Oct. 16, 2013

Pyle Center, 702 Langdon St
Madison, Wis.

At the end of the program you will know the answers to these questions:

- What is forgiveness? What is it not?
- Why forgive?
- What is the pathway to forgiveness?
- How can you help your clients bring forgiveness to their lives; and how can we all bring forgiveness to our families, schools, work places and other communities for better emotional health?

Experience this *NEW* program two ways—IN PERSON or RECORDED AUDIO.



Continuing Studies
UNIVERSITY OF WISCONSIN-MADISON

Registration Form

Please register me for

Forgiveness: A Pathway to Emotional Healing

- In person, Oct. 16, 2013, 9 am-4 pm; \$150 #3305
 Recorded audio, after Oct. 16; \$75 #3309

ENTER 3-DIGIT BROCHURE CODE FROM MAIL PANEL: UW#

Contact information

NAME

TITLE

ORGANIZATION

MAILING ADDRESS

CITY / STATE / ZIP

PHONE () EVENING/CELL PHONE

E-MAIL

Payment method

- Please bill my organization at the address above.
 Enclosed is my check payable to UW-Madison.
 Please charge to the following account:
 MasterCard VISA Am Ex Discover

CARD NO. EXPIRES

CARDHOLDER'S NAME

Online: catalog.dcs.wisc.edu/3305-14-PDAS

Mail to: UW-Madison Continuing Studies Registrations
Pyle Center, 702 Langdon St
Madison, WI 53706-1487

Call: 608-262-2451 or 800-725-9692
(Wisconsin Relay 711)

Fax: 608-265-3163 or 800-741-7416

Phone, fax or online registrations must include payments by credit card or purchase order.

If you have a disability and desire accommodations, please advise us when you register. Requests are confidential. Programs offered by UW-Madison in cooperation with UW-Extension.

DCS-MAC-652-6/13

Forgiveness: A Pathway to Emotional Healing

Oct. 16, 2013, 9 am-4 pm, Pyle Center, Madison Wis.

According to Professor Enright, "Forgiveness is a process, freely chosen, in which you willingly reduce resentment through some hard work and offer goodness of some kind toward the one who hurt you. This gives you a chance to live a life of love, compassion and joy. Forgiveness is NOT reconciliation, forgetting, excusing or condoning. Forgiveness does not get rid of the injustice but the effects of the injustice."

During this session, you will learn Prof. Enright's multi-step process leading to forgiveness, which is based on scientific research. Some concepts you will explore are:

Uncovering Your Anger

Have you been obsessed about the injury or the offender? Do you compare your situation with that of the offender? Has the injury caused a permanent change in your life? Has the injury changed your world view?

Deciding to Forgive

Decide that what you have been doing hasn't worked. Be willing to begin the forgiveness process. Decide to forgive.

Working on Forgiveness

Work toward understanding and toward compassion. Accept the pain. Give the offender a 'gift' (a merciful act, such as a smile, a kind word, a prayer).

Discovery and Release from Emotional Prison

Discover the meaning of suffering, your need for forgiveness, that you are not alone, the purpose of your life and finally discover the freedom of forgiveness.

You will learn to:

- Better understand what the term 'forgiveness' means.
- Develop the confidence to forgive, and to help others to forgive, and;
- Develop confidence in introducing the life-giving qualities of forgiveness to your clients and others in your life.

2 ways you can participate in this professional development opportunity

- In person, Oct. 16, 9 am-4 pm, Pyle Center, Madison, Wis. —\$150
- Recorded audio, after Oct. 16—\$75

Your Instructor



Dr. Robert Enright, a licensed psychologist, has been a leader in the scientific study of forgiveness and its effects since 1985. A professor of educational psychology at UW-Madison, Dr. Enright is the author of more than 100 publica-

tions, including five books. He and his colleagues have developed and tested a pathway to forgiveness that has helped incest survivors and people in drug rehabilitation, in hospice, in shelters for abused women, and in cardiac units of hospitals, among others. His recent work has been in schools within conflict regions, such as Belfast, Northern Ireland and more recently in Milwaukee, Wis.; his work is to assist teachers to deliver forgiveness programs to students. In 1994 he established the International Forgiveness Institute, a not-for-profit organization to carry out these efforts.

For more information contact conference coordinator Barbara Nehls-Lowe at 608-890-4653 or bnehslowe@dcs.wisc.edu.