

**International Forgiveness Institute  
Founding Board Member Profile**

## **Dr. Richard Fitzgibbons**



Dr. Rick Fitzgibbons is a psychiatrist and founder of the Institute for Marital Healing just outside Philadelphia, PA. He has worked with hundreds of couples over the past 40 years and authored ***Habits for a Healthy Marriage: A Handbook for Catholic Couples*** (2019). His work has focused on psychological conflict reduction in marriages, in youth, and in numerous psychiatric disorders.

Dr. Fitzgibbons trained in psychiatry at the Hospital of the University of Pennsylvania (HUP) and the Philadelphia Child Guidance Center. His experience in Cognitive Behavioral Therapy at HUP was with the internationally acclaimed Dr. Aaron Tim Beck,

M.D., who has endorsed the Forgiveness Therapy work Dr. Fitzgibbons has conducted with Dr. Robert Enright, co-founder of the International Forgiveness Institute.

Those two researchers have co-authored two books published by the American Psychological Association that are being used to teach Forgiveness Therapy interventions to therapists around the world:

- ***Helping Clients Forgive: An Empirical Guide for Resolving Anger and Restoring Hope***, 2000
- ***Forgiveness Therapy: An Empirical Guide for Resolving Anger and Restoring Hope***, 2015

In 2019, Dr. Fitzgibbons and Dr. Enright received the prestigious Benedictine XVI Foundation/University of Francisco de Vitoria *Expanded Reason Award* for their Forgiveness Therapy research work.

Dr. Fitzgibbons is a member of the John Paul II Academy for Human Life and Family; has been an adjunct professor at the Pontifical John Paul II Institute for the Studies of Marriage and Family at the Catholic University of America, Washington, DC; and served as a consultant to the Vatican's Congregation for the Clergy.