

Forgiveness, The Freedom of

by Mary Hayes Grieco

April 29, 2010 • MCC Conference Center
8 a.m. - 4:30 p.m.

Professional Seminar

The Freedom of Forgiveness:

An effective process that will help your clients become free of past hurts.

• *Seminar for psychologists, counselors, marriage and family therapists, nurses, social workers and other professionals.*

Forgiveness, usually considered to be within the territory of religious teachings, has become a concern of both psychology and medicine in the past ten years, generating at least 2,300 studies. The studies prove what we have always intuitively known to be true – holding on to resentments is bad for our health and happiness. Forgiveness of another will measurably reduce levels of physical stress. In this seminar you will:

- Review current research linking forgiveness with stress reduction.
- Learn the Psychosynthesis Model of psychological health and wholeness.
- Learn the Eight Steps of Forgiving Another and the process of self-forgiveness.
- Learn how forgiveness brings healing into a recovering family system.
- Develop strategies for applying The Eight Steps of Forgiveness in a clinical practice.

CEUs for the professional seminar will be available (additional \$10 payable to MCC at the seminar)

Fee: \$79 (NCC S63 001) or \$64 for SEDOM employees (NCC S63 002)

To register, call (815) 455-8588 and reference the ID number.
For more information, email mccconferencecenter@mchenry.edu
or contact Amy Carzoli at (815) 455-8764.

Forgiveness: Key to Health and Family Harmony
7 - 9 p.m.

FREE

• **Workshop for families/parents**

Unconditional love and forgiveness are strong cornerstones in the life of a healthy family. It's not hard to forgive – you just need to know how to do it. Learn the basic principles and practices, plus a step-by-step approach to heal your emotions and the key to self forgiveness.

Community Workshop



Mary Hayes Grieco is the author of *Be A Light: Illumined Essays for Times Like These*, and the director of The Midwest Institute for Forgiveness Training based in Minneapolis. Mary has been teaching her powerful step-by-step method of emotional release since 1990. She has taught forgiveness both locally and nationally in hospitals, treatment centers, seminaries, health conferences and in businesses going through painful restructuring. Mary was a featured speaker at the 2005 Nobel Peace Prize Forum. Mary will be assisted by two professional colleagues from The Midwest Institute for Forgiveness Training.