

# Forgiveness *Matters*: Empowering Professionals to Facilitate Healing and Self-Forgiveness



- An expert line-up on the topic of self-forgiveness
- Practical strategies and resources

Friday, December 20, 2024 | 9:00 AM – 3:00 PM ET

**Live Stream Series (Online Synchronous Training)**

**\$74.99 Early Bird Registration**

*After December 6<sup>th</sup> registration is \$99.99*



Please scan QR Code or register online at

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- **Social Workers**  
ASWB ACE – 5 General CE Credits  
New York State Education Department's State Board for Social Work – 5 Contact Hours
- **Case Managers**  
CCMC – 5 Contact Hours
- **Nurses**  
California Board of Registered Nursing – 5 Contact Hours
- **Counselors**  
NBCC ACEP – 5 Contact Hours  
New York State Education Department's State Board for Mental Health Practitioners – 5 Contact Hours

*Attendance or applied credit certificate available for other credentials. Please make sure to check with your own state board to ensure transferability of CE credit.*

## PRESENTED BY:



**Everett L. Worthington, Jr., Ph.D**  
Commonwealth Professor Emeritus-  
Department of Psychology at Virginia  
Commonwealth University



**Sarah Montana**  
WGA Screenwriter, Writer, and  
Public Speaker



**Nathaniel G. Wade, PhD,**  
Associate Chair and  
Professor of Psychology at  
Iowa State

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## AGENDA

<b>8:45 AM – 9:00 AM:</b>	Log In and Virtual Networking
<b>9:00 AM – 11:00 AM:</b>	Theory and Supporting Research: Stress-and-coping Theory of Forgiveness: Everett Worthington, Jr. Ph.D
<b>11:00 AM – 11:10 AM</b>	Break
<b>11:10 AM – 12:10 PM</b>	Personal Perspectives on Forgiveness: A True Story of Survival and Forgiveness: Sarah Montana, WGA Screenwriter, Writer, and Public Speaker
<b>12:10 PM – 12:50 PM:</b>	<i>Lunch Break and Sponsor Spotlight</i>
<b>12:50 PM – 3:00 PM:</b>	The Path to Self-Forgiveness: Navigating the Four Rs to Heal and Move Forward: Dr. Nathaniel Wade, PhD <i>(includes a 10-minute break)</i>

Forgiveness Matters: Empowering Professionals to Facilitate Healing and Self-Forgiveness is a transformative training designed to provide helping professionals with practical tools and insights to assist their clients in achieving self-forgiveness. This session will guide you through a clear definition of self-forgiveness and introduce the Four Rs – Responsibility, Remorse, Restoration, and Renewal – offering specific interventions for each. Enhance your theoretical understanding with a presentation on the Stress-and-Coping Theory of Forgiveness and be inspired by Sarah Montana’s powerful personal story. Gain valuable skills to help your clients break free from guilt and shame, fostering improved mental health, stronger relationships, and greater self-acceptance. Sign up now to support your clients on their journey to self-forgiveness and healing.

### BY ATTENDING OUR WORKSHOP, YOU WILL BE ABLE TO:

- Define forgiveness and distinguish between "decisional forgiveness," which involves letting go of resentment and anger, and "emotional forgiveness," which replaces negative emotions with positive ones and provides significant health benefits.
- Examine the health and relational benefits of emotional forgiveness, including reduced stress and its associated health risks, and the role of decisional forgiveness in repairing relationships.
- Define self-forgiveness in a way that helps direct work with people who are seeking to forgive themselves for hurting others.
- Describe each of the Four Rs of Self-Forgiveness: Responsibility, Remorse, Restoration, and Renewal
- Identify at least one intervention to help promote each of the Four Rs.

*Course Interaction and Technical Requirements:* This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions. A computer or mobile device is required. Zoom account is *not* required. You will receive an email approximately 24 hours prior to the start of the class with a link to the webinar.

***In order to receive credit, you must log in on time, attend the entire presentation, and complete an online evaluation within 30 minutes of the conclusion of the event. Attendance log and Zoom analytics will be reviewed by the CE Director. Certificates will be provided in approximately 5 business days.***

Target audience: Social workers, case managers, discharge planners, nurses, counselors, and other healthcare professionals.

**SOCIAL WORKERS:** CEU Creations, #1239, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 11/22/21-11/22/24. Social workers completing this course receive 5 General continuing education credits. *(Application has been submitted for renewal to ASWB/ACE)*

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0616. This activity is approved for 5 contact hours.

**NURSES:** 5 Contact Hours - CEU Creations is an approved provider of nursing CEs through the California Board of Registered Nursing. Provider number: CEP17905. All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

**COUNSELORS:** 5 Contact Hours

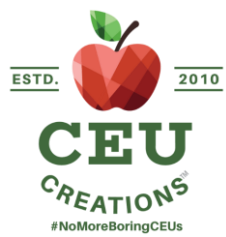


CEU Creations has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6941. Programs that do not qualify for NBCC credit are clearly identified. CEU Creations is solely responsible for all aspects of the programs.

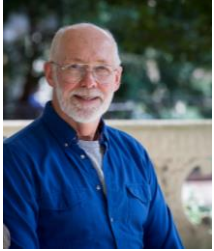
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## PRESENTER BIOS



**Everett L. Worthington, Jr., Ph.D** Commonwealth Professor Emeritus- Department of Psychology at Virginia Commonwealth University

Everett L. Worthington, Jr., Ph.D., is Commonwealth Professor Emeritus working from the Department of Psychology at Virginia Commonwealth University, where he holds an affiliate appointment. He also holds a Faculty Affiliate appointment at the Institute for Quantitative Social Sciences, Faculty of Arts and Sciences, Harvard University (Human Flourishing Program). He continues to be active in research and speaking around the world. He is a licensed Clinical Psychologist in Virginia. He has published over 48 books and over 500 articles and scholarly chapters, mostly on forgiveness, humility and positive psychology, marriage, and family topics, and religion and spirituality. He also has developed the REACH Forgiveness model (see [www.EvWorthington-forgiveness.com](http://www.EvWorthington-forgiveness.com) for free resources), supported by over 30 published randomized controlled trials (RCTs), and has recently been tested in global grant-funded RCTs in 5 countries (six sites; N = 4,598), although the results have not been published yet. He has developed numerous other positive psychological interventions.

Personal interests: He ballroom dances and competes in pickleball singles and doubles. He and his spouse, Kirby, have been married since 1970.



**Sarah Montana** WGA Screenwriter, Writer, and Public Speaker

Sarah Montana is a WGA screenwriter, writer, and public speaker. She has written several screenplays for the Hallmark Channel, including "Rescuing Christmas," "Love to the Rescue," "A New Year's Resolution," and the Christopher Award winning "Two Turtle Doves." Her play, "The Girl, The Ghosts, and the Minotaur" was a winner of the Life Jacket Theater Company's Proof of Concept Reading Series.

She is sought after public speaker about resilience, trauma, and forgiveness, which has led to speaking engagements at TEDx, women's conferences, corporate retreats, colleges, and podcasts. Her viral talk "What Shapes You Can't Break You" (see [her talk here](#) or on [Goalcast](#)) was featured on Goalcast and now has tens of millions of views. Her TEDx talk "[Why Forgiveness is Worth It](#)" is featured on TED.com, has received millions of views, and has been incorporated into college curriculums and therapeutic practices.

She is a Gateless Writing Method certified teacher and teaches students of all ages how to fall in love with the creative process. She's also a representative for Film/TV/Streaming on WGA East Council. Stay in touch at [sarahmontana.com](http://sarahmontana.com), [facebook.com/sarahmontanawriter](https://www.facebook.com/sarahmontanawriter) or @sarahemontana.



**Nathaniel G. Wade, PhD**, Associate Chair and Professor of Psychology at Iowa State

Following his undergrad graduation, Dr. Wade worked for 4 years as an Addictions Counselor in both an abstinence-based agency and a methadone clinic. He then went to graduate school for Counseling Psychology at Virginia Commonwealth University. He finished his PhD in 2003 and joined the Iowa State faculty that same year. He is now Associate Chair and Professor of Psychology at Iowa State and Founding Director of Network Community Counseling Services. He is a licensed Psychologist in the state of Iowa and a Certified Group Psychotherapist.

Nathaniel's research interests center on the processes and outcomes of psychotherapy. Specifically, he has worked to develop and test interventions to promote forgiveness, to understand the impact of integrating religion and spirituality into psychotherapy, and to reduce the stigma associated with seeking counseling. His most recent interest is integrating exercise into psychotherapy. He has published three edited books, over 100 scholarly articles and chapters, and has received over 7 million in grant funding. He is an APA fellow of two divisions: Group Psychology and Psychotherapy and the Society of Counseling Psychology.

When not working, he enjoys spending time with family, hiking in the mountains of New England, listening to podcasts and audiobooks while working outside, and playing soccer each week with the "over the hill" crowd.