

Day Workshop on...

The Psychology of Forgiveness

by Dr. Peter Coster

SATURDAY, OCTOBER 7, 2023 | 10:00 AM - 3:30 PM

Watsonville First United Methodist Church

Check-In: 9:30 am | Lunch Provided: 12 pm - 1 pm



Peter H. Coster, PhD, MDiv, LMFT is Relational Psychotherapist, Clinical Supervisor and the Executive Director for the Center for Psychotherapy, Spirituality and Creativity.

For thousands of years people from every religion have studied and practiced forgiveness as part of their personal lives. Yet, for many of us, forgiveness remains a misunderstood and misapplied concept. Recent scientific studies support the view that forgiveness is good for us and promotes psychological and emotional wellbeing. This workshop will explore the process of forgiveness with attention to psycho-spiritual dynamics and how they relate to our lives.

In this workshop we will look at:

- *What forgiveness is, what forgiveness is not, and why forgiveness is a necessary part of being human.*
- *The process of forgiveness and the obstacles encountered in each of the stages of forgiveness.*
- *How forgiveness brings about the deep transformation of our basic beliefs about self, the world and our concept of God.*
- *Practical applications relevant in clinical and pastoral settings- where forgiveness often is the issue underlying many psycho-spiritual disorders.*

Registration Fee: \$40 | Registration Deadline: October 4 | Financial Scholarships Available!

Payment Options: Cash - Pay at church office | Check - Mail to church office | PayPal - Scan QR code below

Questions? Call the office at (831)724-4434 or email office@watsonville1stumc.org

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