

Forgiveness: A Gift we Give Ourselves

Presented by Robin Shohet

Join live on the day, or access the recording at any time for 30 days.

He who plots revenge should dig two graves. Chinese proverb.

Many of our clients struggle to forgive. Many of us struggle to forgive too. Forgiveness is not easy. There appear many objections to it, like believing that the other will be getting away with what they did if we forgive them. It is hard to untangle ourselves from what has happened and the person who hurt us. Some part of us wants justice. But if we look closely, we see that if we do not forgive, we are actually hurting ourselves. Once we realise this, we stop bothering about the other person, and begin to work towards our own freedom. We cannot do it prematurely (e.g., by thinking we 'should' forgive). But when the time is right, we might see the potential gift in what has happened. We stop living in the past, and free ourselves to move on.

In this webinar we will practice some exercises to help release from the past. We will also look at forgiveness from the perspective that we all carry guilt around, and what the other has done is not the issue. Ultimately it is all about self-forgiveness. In forgiving the other, we are forgiving a part of ourselves, as we are all interconnected.

You will have access to the full recording and materials/resources until 15th December. This gives you the flexibility to join for all or part of the day or to watch the recording whenever fits with your commitments.

Robin Shohet has organised two international conferences on forgiveness. He brings the concept of forgiveness to his work as a supervisor, therapist and trainer. He is the author of several books on supervision including: 'Supervision in the Helping Professions' and 'In Love with Supervision', co-written with his wife Joan Shohet, published in 2020. His next book: 'Supervision as Spiritual Practice' will come out in late 2024.

This workshop is suitable for all health professionals including clinical and counselling psychologists, doctors, counsellors, social workers, general and mental health nurses as well as those working in third sector, educational and coaching settings. It will contribute 6 hours of Continuous Professional Development (CPD)

9^h November 2024,
9.30 am – 4.30 pm

Webinar

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Price:
£120 + VAT

For more information or to reserve a place visit :- www.stantonltd.co.uk