

FEBRUARY 18, 2010

THE HEALING ART OF FORGIVENESS

Remember the last time someone hurt you? Took something from you? Offended your sensibility? And didn't even apologize? This workshop will look at how we can release ourselves from hurt caused by others, examine our own thinking about forgiveness, and take the perspective from both victim's and offender's views on "unforgivable behavior." This is a great opportunity to look at our own thinking about forgiveness, and realize that people who can forgive experience less depression, anxiety, and stress symptoms, as well as boosting their self-esteem, environmental mastery, and finding meaning in their experience.

INSTRUCTOR: MARY LYNN HALL, MA, LPC

MARY LYNN HALL, MA, LPC, has more than 20 years of experience in education as a teacher and as a school counselor with specialties in child development psychology, social psychology and counseling techniques. Her experience also includes employment as a mental health and substance abuse therapist and a psychology consultant to the Arizona Governor's Committee on Child Protective services. She was a charter member of the Kansas City Conflict Resolution Task Force. Ms. Hall has presented numerous in-service training topics for professional educators including aggressive behavior and bullying in school, full inclusion, ADD/ADHD, character education, substance abuse, special education issues, conflict resolution, sexual abuse, special education issues, sexual abuse and grieving. She is a member of the St. Louis Psychologists Association and American Association of University Professors.

Location: 11300 St. Charles Rock Road, Bridgeton, Missouri 63044

Time: 8:30 am-12 noon

Cost of Workshop: \$65

3 CEHs: Washington University, George Warrant Brown School of Social Work for MO and IL

3 CEHs: NBCC