

**Forgiveness: A Double-Edged Sword in Trauma Therapy**

**November 5, 2021 | 12:00 PM – 2:00 PM EDT**

**Presenter:** Robert T Muller, PhD



**Presenter Biography:** Robert T. Muller, Ph.D. trained at Harvard, was on faculty at the University of Massachusetts, and is currently at York University in Toronto. Dr. Muller is a Fellow of the International Society for the Study of Trauma & Dissociation (ISSTD) for his work on trauma treatment. His newest book, "Trauma & the Struggle to Open Up" was awarded the 2019 ISSTD award for the year's best written work on trauma. And his award-winning bestseller, "Trauma & the Avoidant Client" has been translated widely. As lead investigator on several multi-site programs to treat interpersonal trauma, Dr. Muller has lectured internationally (Australia, UK, Europe, USA), and has been keynote speaker at mental health conferences in New Zealand and Canada. He founded an online magazine, "The Trauma & Mental Health Report," that is now visited by over 100,000 readers a year. With over 25 years in the field, he practices in Toronto.

**Content Level:** Intermediate

**Potential to Distress:** Mild potential to distress

**Abstract:** Forgiveness has become a popular topic in mental health writing. Myriad specialists call individuals to its highroad. But in practice, when people have suffered from interpersonal trauma, often at the hands of those they trusted most, forgiveness can be easier said than done. This webinar will take a detailed look at forgiveness in trauma therapy and consider the ways in which it serves as a double-edged sword. Sometimes helpful and necessary, sometimes not. Participants will examine such topics as rushed forgiveness and how it affects trauma clients. This presentation will look at apologies and their role in authentic forgiveness. Participants will consider how it can be helpful for clients to view forgiveness as a process, rather than a virtue. Finally, the workshop will address self-forgiveness, and how sometimes in trauma work, clients and therapists struggle to forgive themselves. Throughout the webinar, clinical material will be used to illustrate concepts, and participants will be invited to share. This webinar will be of interest to all mental health students and practitioners with an interest in trauma, counselling, or psychotherapy.

**Objectives**

Upon Completion of this webinar, participants will be able to:

- Distinguish between authentic forgiveness and rushed forgiveness
- Identify the process of forgiveness in trauma therapy
- Outline the role of apology in the forgiveness process
- Recognize the role of self-forgiveness in trauma work
- Apply concepts learned into practice

**Can't Make it?**

If your schedule won't allow for you to attend, the webinar will be recorded and made available for purchase approximately two weeks after the live event. The recordings cost is \$25 for ISSTD members and \$45 for non-members. The webinar recording can be accessed on the CE-Credit.com website or in ISSTDWorld for ISSTD members. Exam fees for Continuing Education credits start at an additional \$10.46.

## References

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- Fallon, N., Roberts, C., & Stancak, A. (2020). Shared and distinct functional networks for empathy and pain processing: a systematic review and meta-analysis of fMRI studies. *Social Cognitive and Affective Neuroscience*, 1 – 15. doi:10.1093/scan/nsaa090.
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