1 Hour Session Increases Self/Other Forgiveness

Forgiveness
Didactic on pluses for physical & mental health

Audio Guided Meditation
15 min

Small Group discussions & debriefings

Reaffirm Authentic Self:
Strong, caring, creative
Competent, wise

Remind Always Learning:
Make mistakes, can’t fix Intention: to help, do best

Acknowledge Inner Critic:
Judgmental, mean spirited, harps on mistakes

Significant pre-post increase in:
- Self Forgiveness
- Forgiveness of Others

Heartland Forgiveness Scale

Ogunyemi D, Ferrari TM, Sugiyama N. A Professional Development Workshop to Facilitate Self-Forgiveness https://doi.org/10.4300/JGME-D-19-00570.1
Visual Abstract: Brenda Fay MLIS @BrendaF14270365 & D Simpson PhD @debsimpson3

Journal of Graduate Medical Education®