

Course Proposal: Forgiveness and Reconciliation: Psychological and Christian Approaches

Prepared by: Ms Pat Kathlyn Dione D. Ramirez, MA RPM

Institution: Assumption College San Lorenzo Philippines

Course Duration: 15 days (3 hours per day)

Course Overview

This 15-day course offers an in-depth exploration of forgiveness and reconciliation from both psychological and Christian perspectives. It aims to equip church leaders with the knowledge and practical skills to guide individuals and communities through emotional and spiritual healing. The program will focus on psychological theories, biblical teachings, and real-world applications, promoting healing, conflict resolution, and restored relationships.

Course Objectives:

- Understand key psychological models of forgiveness, such as Enright's Process Model and Worthington's REACH Model.
- Explore biblical teachings on forgiveness and reconciliation, emphasizing the integration of grace, mercy, and spiritual growth.
- Develop practical skills for facilitating forgiveness and reconciliation in counseling, church leadership, and educational contexts.
- Promote emotional and spiritual healing through structured frameworks for conflict resolution and mediation.
- Apply forgiveness and reconciliation principles to real-life situations within families, communities, and ministries.

Program Structure:

Day 1: Introduction to Forgiveness and Reconciliation

Days 2-3: Psychological Theories of Forgiveness

Days 4-5: Biblical Teachings on Forgiveness

Day 6: The Psychology of Reconciliation

Day 7: Biblical Perspectives on Reconciliation

Days 8-9: Promoting Healing in Forgiveness and Reconciliation

Day 10: Conflict Resolution and Mediation in Christian Counseling

Day 11: Christian Leadership and Organizational Reconciliation

Day 12: Forgiveness in Families and Marriages

Day 13: Case Studies of Forgiveness and Reconciliation

Days 14-15: Final Project Workshop and Presentations (Developing and presenting a forgiveness and reconciliation plan for a ministry or community).

Learning Methods:

- Lectures: Each day will begin with a 60-minute session introducing key concepts.
- Interactive Discussions: Group discussions and reflections to facilitate deeper understanding.
- Practical Applications: Role-playing, case study analysis, and real-world scenario exercises.

- Final Project: Participants will create a forgiveness and reconciliation program for their church or community.

Outcomes:

By the end of the course, participants will:

- Be proficient in using psychological and biblical frameworks for forgiveness and reconciliation.
- Be equipped with practical tools to mediate conflicts and restore relationships within Christian settings.
- Develop a strong foundation in promoting forgiveness and emotional healing through their counseling or ministry work.
- Gain hands-on experience by designing a forgiveness and reconciliation program tailored to their specific community or ministry needs.