Stanford Continuing Studies

Preliminary Course Syllabus: Summer 2016

Course Title: Forgive for Good

Course Code: PDV 13

Instructor: Frederic Luskin, PhD

This class is designed as an introduction to the forgiveness methodology from the Stanford Forgiveness Project. The classes will be lecture with a good deal of time for guided practice through individual and dyadic application of the forgiveness methods. In addition, time will be allocated for guided imagery and some journaling. This class can be taken by those who prefer limited interpersonal sharing as the emphasis is on practice of the forgiveness methods not intensity or immediacy of the content of the issues addressed.

App: Android and Apple App, Forgive for Good

Class One: Read Chapters 1 and 2

1. What is forgiveness?
2. What is not forgiveness, and why?
3. Why is forgiveness important?
4. Physical and emotional health benefits
5. Obstacles to forgiveness

Class Two: Read Chapters 3, 4, and 5

1. Forgiveness and gratitude
2. Forgiveness and positive emotion
3. Forgiveness and the stress response
4. Forgiveness as a response to “no”

Class Three: Read Chapters 6, 7, and 8

1. Unenforceable rules
2. Cognitive distortions
3. Guided practice in disputation
4. Wanting “yes” and getting “no”
Class Four: Read Chapters 9, 10, and 11

1. Forgiveness as an alternative practice to enemy making (self and others)
2. Forgiveness takes practice; how to do so
3. Who to forgive and when?
4. Forgiveness is changing the story

Class Five: Read Chapters 12, 13, and 14

1. Changing the story from victim to hero
2. Changing the story through practice and experimentation
3. Self-forgiveness
4. Be careful what you talk about
5. Looking ahead not behind