Course Title: Forgive for Good
Course Code: PDV 13
Instructor: Frederic Luskin, PhD, and J. Goodman Farr, MEd
8 weeks, January 23 - March 17
Required: Forgive for Good book and app

Course Summary:
The secular push for forgiveness emerged with the field of positive psychology, where, since the late 1990s, research has demonstrated that forgiveness can be taught and is effective in promoting physical and mental health. The results from the Stanford Forgiveness Project show that interpersonal forgiveness leads to decreased anger, depression, blood pressure, stress, and hurt, as well as increased hope, physical vitality, and self-confidence. In this online course, we will explore forgiveness from a biological, psychological, and social perspective. We will reflect upon the need for forgiveness in our own lives, and through guided practice in the methods developed through the Stanford Forgiveness Project, we will work with one of the few forgiveness methodologies that has been successfully subjected to scientific examination. We will explore the process of self-forgiveness, which, like forgiveness of others, has been associated with decreased anger and depression as well as increased positive emotion and well-being.

*Please see course page for full description and additional details.

Grade Options and Requirements:
- No Grade Requested (NGR)
  - This is the default option. No work will be required; no credit shall be received; no proof of attendance can be provided.
- Credit/No Credit (CR/NC)
  - Students must participate in at least 80% of class discussions.
- Letter Grade (A, B, C, D, No Pass)
  - Students must (1) participate in at least 80% of class discussions and (2) complete a piece of written work: At the end of the quarter, report on a forgiveness situation--either the student's personally or about someone they know well. Describe the situation through the lens of the 9 steps to forgiveness: Were the steps followed and how successfully?

*Please Note: If you require proof that you completed a Continuing Studies course for any reason (for example, employer reimbursement), you must choose either the Letter Grade or Credit/No Credit option. Courses taken for NGR will not appear on official transcripts or grade reports.

Please contact the Stanford Continuing Studies office with any questions
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Tentative Weekly Outline:

Week One: Read Intro. and Chapter 1, 2, and 6

1. What Forgiveness Is and What It Isn't
2. How to Recognize a Grievance

Week Two: Read Chapters 3, 4, and 7

1. Physical and Emotional Health Benefits of Forgiveness
2. Physical and Emotional Health Effects of Unforgiveness

Week Three: Read Chapter 8

1. Extreme Forgiveness Case Studies - Individuals
2. Research in Northern Ireland & Sierra Leone

Week Four: Read Chapter 9

1. Building Positive Emotions - Awe & Gratitude
2. Healing Gratitude Techniques

Week Five: Read Chapters 5 and 10

1. Recognizing Unenforceable Rules
2. Challenging Unenforceable Rules

Week Six: Read Chapters 11, 12, and 13

1. Positive Intention & Getting What You Want in a Different Way
2. Guided Practice in Disputation - HEAL

Week Seven: Read Chapters 14 and 16

1. Changing the Story: Self-Pity/Victimization to Heroic/Effective Responses
2. Forgiveness as a Daily Problem-Solving Strategy

Week Eight: Read Chapter 15

1. 12 Ways to Enhance Self-Forgiveness
2. Self-Forgiveness as an Alternative to Enemy Making