

Los Angeles County Psychological Association 2008 Program Series

The Art and Science of Forgiveness

Date & Time: Saturday, February 23, 2008
9:00 a.m. – 4:00 p.m.

Location: The Skirball Cultural Center
2701 N. Sepulveda Boulevard
Los Angeles 90049

CE Credits: 6.0

Course No.: LA022308

Presenter: Frederic Luskin, Ph.D.

This workshop, representing Dr. Luskin's work in the Stanford Forgiveness Projects, will teach the Nine Steps to Forgiveness. Dr. Luskin's research shows that forgiveness leads to increased hope, physical vitality, and appreciation of the spiritual aspects of life as well as reduced stress, blood pressure, hurt, anger, and depression. Forgiveness will be shown to emerge from the integration of cognitive and narrative therapy approaches, mixed with mindfulness and guided imagery, designed to facilitate positive emotion.

Frederic Luskin, Ph.D., is a senior advisor in Health Promotion at Stanford University and Director of the Stanford Forgiveness Projects. He is the author of the best selling self-help book, Forgive for Good: A Proven Prescription for Health and Happiness, and the newly released The Forgiveness Factor: Seven Steps to a Lasting and Loving Relationship. His "Nine Steps to Forgiveness" have been featured in a PBS pledge drive video as well as in most major national media.

PROGRAM INCLUDES LUNCH ON THE TERRACE AT THE SKIRBALL

Name (as on license) _____ Degree _____

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PLEASE INDICATE	<input type="checkbox"/>	LACPA Member	\$165
YOUR APPROPRIATE	<input type="checkbox"/>	LACPA Student Member	\$ 95
CATEGORY AND	<input type="checkbox"/>	Non-Member	\$225
APPLICABLE FEES	<input type="checkbox"/>	Pre-doctoral Student Non-Member (proof of student status required).....	\$105
Total Remittance			\$ _____

PLEASE MAKE CHECK PAYABLE TO LACPA OR COMPLETE THE CREDIT CARD INFORMATION BELOW.

Visa/Mastercard Card # _____ Expiration Date _____

3 digit number on back of card _____ Name on Card _____

This workshop is sponsored by the Los Angeles County Psychological Association (LACPA). LACPA is approved by the American Psychological Association to sponsor continuing education for psychologists. LACPA maintains responsibility for this program and its content. LACPA is also approved by the Board of Behavioral Sciences as a provider of Continuing Education Units (CEU) for MFTs and LCSWs: Provider No. PCE 276.

IMPORTANT NOTICE: THOSE WHO ATTEND THE WORKSHOP AND COMPLETE THE EVALUATION WILL RECEIVE SIX CONTINUING EDUCATION CREDITS. PLEASE NOTE THAT APA CE RULES REQUIRE THAT WE ONLY GIVE CREDIT TO THOSE WHO ATTEND THE ENTIRE WORKSHOP. THOSE WHO ARRIVE MORE THAN 15 MINUTES AFTER THE SCHEDULED START TIME OR LEAVE BEFORE THE WORKSHOP IS COMPLETE WILL NOT RECEIVE CE CREDITS.

Cancellation Policy: To receive a refund, a written request must be received at least 72 hours before the scheduled date of the program.

Refunds will be processed within 30 days. A \$35 processing fee is deducted from all refunds.

A \$15 fee will be charged to register on the day of the program, if space is available.

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