



HARVARD | SCHOOL OF PUBLIC HEALTH

Religion and Public Health Seminar Series

**Department of Epidemiology
Department of Social and Behavioral Sciences
and the
John Templeton Foundation**

Understanding and Promoting Forgiveness of Self and Others



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Abstract: After setting the topic of forgiveness within a stress-and-coping theory of forgiveness, I define crucial terms and explain concepts like the injustice gap, alternative ways to promote justice, unforgiveness, and decisional and emotional forgiveness. Then, I examine the implications for individuals' health. I consider possibilities for public health interventions, and I report a recent meta-analysis of interventions to promote forgiveness, emphasizing the REACH Forgiveness (Worthington, 2006) stress-and-coping-based intervention model. I extend the model to successful forgiveness of the self. I conclude that intervention data—interventions with individuals, couples, groups, and communities—suggest enormous potential for making an impact on public health through promoting forgiveness.

Wednesday, April 16, 2014

12:30PM – 1:30PM

Kresge Room 201