

CERTIFICATE OF COMPLETION

Elizabeth Lewis

ATTENDED AND COMPLETED

THE UNCONDITIONAL LOVE AND FORGIVENESS NINE MONTH SELF-MASTERY PROGRAM

October 2011 - June 2012 The Carondelet Center, St. Paul, Minnesota

Course Presenter:

Mary Hayes Grieco, Director

The Midwest Institute for Forgiveness Training

Course Objectives:

1. Learn how a process of forgiveness can facilitate emotional recovery from hurt and loss.
2. Learn eight steps to forgiving another (1. express intent to change one's attitude; 2. express emotions about what happened; 3. cancel expectations for a particular outcome; 4. set appropriate boundaries; 5. open to healing on physical, mental and spiritual level; 6. send unconditional love to the other; 7. identify the good in the person or situation; 8. notice and integrate the physical changes.)
3. Learn the five steps to self-forgiveness.
4. Learn the principles of Dr. Assagioli's transpersonal psychology, Psychosynthesis
5. Learn therapeutic techniques of working with subpersonalities
6. Learn about energetic boundaries and subtle energy system
7. Learn about levels and expressions of life purpose

Instructional Time:

100 hours: 42 Approved CEU hours


Part I: Sept -Dec, 2011: 18 CEUs

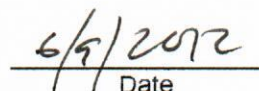
Part II: Jan - June, 2012: 24 CEU s

***This program has been approved by the MN Board of Psychology
(Board File #201108-0020)***

***Mary Hayes Grieco of the Midwest Center for Forgiveness Training is an approved continuing
education provider with the MN Board of Social Work.***

***This workshop has been designed to meet continuing education requirements of
the MN Board of Nursing.***


Faculty signature


Date