CSPH 5215 (3 Credits)
FORGIVENESS AND HEALING: A JOURNEY TOWARD WHOLENESS

Instructor: Mark Umbreit

COURSE DESCRIPTION
This course will examine the impact of forgiveness on the process of inter-personal and intra-personal healing, as well as healing of conflict and trauma at the intergroup level. Forgiveness and healing will be examined in the context of intense interpersonal and intrapersonal conflicts in multiple health care and social work settings, including in families, between physicians and nurses, between patients/clients and nurses/social workers, within communities, among friends, between co-workers, or within ourselves. This course is designed to provide a basic understanding of the central elements of forgiveness and healing in the context of multiple micro and macro life settings.

COURSE OBJECTIVES
By the end of the course, students will:
• Knowledge of the central elements of the concept of forgiveness from multiple spiritual and cultural contexts
• Knowledge of the positive impact that authentic forgiveness can have on the process of healing from all forms of micro and macro conflict and trauma
• Knowledge of the role that forgiveness and healing through engaged spirituality (not necessarily religion) can play within the context of intense conflicts that people are faced with in multiple settings
• An ability to practice techniques which contribute to forgiveness and healing within the context of issues that students are faced with in multiple settings

Visit z.umn.edu/CSPH5215 or contact us at csh-academics@umn.edu for more information.