



# A Course in Forgiveness

## with Robin Sesan, Ph.D.

When: Wednesday Evenings  
October 6, 13, 20, 27

Time: 7:15 – 8:30 PM

Where: The Brandywine Center

Fee: \$250.00

### Wondering if this workshop is for you?

- Have you been hurt in a relationship?
- Do you find it difficult to let go of your anger and move on?
- Have you closed your heart to others or to life?
- Do you think obsessively about the way you were hurt?
- Do you have fantasies of revenge?
- Are you tense, irritable and quick to judge others?
- Are you angry with yourself?
- Are you critical and judging of your own mistakes, weaknesses and fallibility?
- Are you having difficulty forgiving yourself for hurting another?

*If you answered **YES** to any of these questions, then . . . A Course in Forgiveness offers you an opportunity for greater happiness, peace and connection in your life.*

### In this 4 session group workshop we will address:

- What forgiveness is and what it is not
- Myths about forgiveness
- Barriers to forgiveness
- The health and mental health consequences of not forgiving
- Ways to use meditation to bring a more positive focus to your life
- A step by step model of forgiveness
- How to live more compassionately
- How to move on with grace from an interpersonal injury
- How to forgive yourself

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Registration (PLEASE PRINT CLEARLY!)/Sign me up for A Course in Forgiveness!

Name: \_\_\_\_\_ Email \_\_\_\_\_ Phone: \_\_\_\_\_

Fee: \$250.00

\_\_\_\_\_ Check payable to Robin Sesan, Ph.D. or charge my credit card (Mastercard or Visa only)

Account #: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Send to: Robin Sesan, Ph.D., The Brandywine Center, 2500 Grubb Road, Suite 240, Wilmington, DE 19810

Refund policy: Full refund for cancellations prior to September 29, 2010. No refunds after September 29, 2010 but credit offered towards future workshops/therapy.

Questions: Call (302) 475-1880 #1 or email [thebrandywinecenter@verizon.net](mailto:thebrandywinecenter@verizon.net)