6 Hours of Continuing Education for Counselors, Social Workers, & Psychologists

The Department of Psychology, Counseling & Special Education
Texas A&M University-Commerce
presents the
34th Annual Murphy Day
at the Sam Rayburn Student Center in Commerce
Quality Continuing Education at an Affordable Cost

Counseling through Conflict and Forgiveness
With
Richard S. Balkin, Ph.D., LPC, NCC
February 10th, 2017

Whether in clinical or school settings, clients often struggle with interpersonal conflict. The process of renegotiating relationships with others versus ending relationships can be a source of stress and confusion. Clients may experience, stress, shame, and guilt for maintaining unhealthy relationships or from escaping harmful relationships.

In this presentation we will examine different types of forgiveness by presenting and demonstrating a model on the forgiveness process that is client-centered and empirically based. Within this model we will identify various client world-views related to forgiveness and conflict and introduce assessment and processing strategies for working through issues of forgiveness and conflict. Spiritual, ethical, and religious orientations toward forgiveness and reconciliation will be addressed with attention related to the role of reconciliation. We will also cover and discuss ethics involved in counseling individuals struggling with conflict and forgiveness.

Participants will leave this workshop with training on the Forgiveness Reconciliation Model and use of the Forgiveness Reconciliation Inventory—an intervention strategy counselors can use with clients to help them evaluate and process a path to addressing conflict and forgiveness.

Program Objectives:

- Understand the differences between interpersonal and intrapersonal forgiveness.
- Examine various cultural worldviews related to forgiveness and reconciliation and how to address such diversity in counseling.
- Learn how to implement the Forgiveness Reconciliation Model in counseling.
- Acquire skills in administering, scoring, interpreting, and processing the Forgiveness Reconciliation Inventory for individual and group interventions.
- Identify ethical concerns when addressing issues of conflict and forgiveness with clients.

Richard S. Balkin is a Professor and Doctoral Program Coordinator at the University of Louisville. He is the editor for the Journal of Counseling and Development, the flagship journal for the American Counseling Association, and past president for the Association for Assessment and Research in Counseling. His primary research interests include counseling outcomes, research methods, counseling adolescents, and cultural differences in counseling. He is a past recipient of the ACA Best Practices Research Award, the ACES Counseling Vision and Innovation Award, and was inducted as a Fellow of the American Counseling Association. Rick has published over 70 peer-reviewed manuscripts, books, and book chapter. Rick has three recently published or soon-to-be published books with American Counseling Association, including Relationships in Counseling and the Counselor's Life (Jeffrey A. Kettler and Richard S. Balkin), Counseling Research: A Practitioner-Scholar Approach (with David M. Kleist), and The Counselor's Guide to the Dissertation Process: Where to Start and How to Finish (Brande Flamez, A. Stephen Lenz, Richard S. Balkin, and Robert L. Smith).

What Is Murphy Day?

Murphy Day was started 34 years ago to recognize and honor Dr. Harold D. Murphy for his fine professional contributions to the profession of counseling. It has grown to become the best and most affordable opportunity for professional growth, stimulation and continuing education for counselors and other human service workers in education, agency, and business settings.

It is the goal of the Counseling Program and the Murphy Day organizers to provide professional counselors and human service workers the highest quality continuing education at an affordable cost. The Department of Psychology, Counseling & Special Education is proud to sponsor this event as a reminder of the continued quality of professional excellence that has long been our tradition. We are looking forward to seeing you on campus and having the opportunity to visit with you.

Workshop Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:30-8:55</td>
<td>On-site Registration</td>
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<tr>
<td>9:00-10:30</td>
<td>How do we define forgiveness and what is the role of reconciliation? A Spiritual and Cross-cultural prospective</td>
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<tr>
<td>10:30-10:45</td>
<td>Break</td>
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<tr>
<td>10:45-Noon</td>
<td>The Forgiveness Reconciliation Model (FRM) and how it applies to our clients</td>
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<tr>
<td>1:30-2:45</td>
<td>Using the Forgiveness Reconciliation Inventory to process issues of forgiveness and conflict with our clients</td>
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<tr>
<td>2:45-3:00</td>
<td>Break</td>
</tr>
<tr>
<td>3:00-4:30</td>
<td>Let's do it! An interactive exercise of processing through issues of conflict and forgiveness</td>
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The Counseling Program offers two CACREP-accredited 60 semester-hour master’s degree options (School Counseling and Clinical Mental Health Counseling) and a 36-semester-hour master’s degree in Student Affairs. A CACREP-accredited PhD in Counselor Education is also available.

http://www.tamuc.edu/academics/colleges/educationHumanServices/departments/psychology/CounselingSpecialEducation/counseling/default.aspx