

Feel free to call Dr. Galindo at (669) 268-4091

“Breaking the Chains That Bind You: Understanding the Process of Forgiveness” Workshop
(Dr. Jaime and Rosina Galindo)



October 5, 2019

The Convent, 406 2nd Street, San Juan Bautista, CA 95045

Starts at 9AM-3:30pm

- *Are you trapped in bitterness?*
- *Do you feel stuck in resentment?*
- *Do you want to restore broken relationships?*
- *Do you want to be set free from emotional bondage?*

This workshop is based on the doctoral research (“Understanding the Construct of Forgiveness: An Empirical Study” ©2002) by Dr. Jaime Galindo, a mental health clinician with over 42 years of experience. In his research and clinical practice, Dr. Galindo found that forgiveness is a process, a process that is often difficult and challenging. Rosina Galindo, AAS a caregiver with over 28 years of experience will share her stories of some of her clients who told her about their journey of forgiveness on their deathbed. Allow us to take you on your journey of inner healing. We will take you through the process of forgiveness which involves five phases: 1. Defining Forgiveness; 2. Interpersonal Transgressions; 3. Transformations; 4. “Made New”; and 5. Healing. Each phase will include some experiential opportunities for you to grasp and understand the power of forgiveness. You will also learn how a spirit of unforgiveness can separate you from the loving mercy and compassion of God. Forgiveness is one of most effective weapons in spiritual warfare. Forgiveness breaks the chains that bind you to your emotional afflictions (depression, anxiety, anger, resentment, addictions, marital and family discord etc.). This workshop is co-sponsored by the Charismatic Renewal/DSJ

This workshop is free. Lunch will be provided. A “Love Offering” will be collected during this event.