

Some Distinctive Contours for a Christian View of Flourishing

Dr. William Hathaway, PhD

June 27, 11:00a-12:00p | Library Auditorium

1 CE credit available

Given the variegated, multi-cultural, and multi-epochal nature of Christianity, the task of proposing a distinctively Christian view of flourishing may seem a quixotic one. Yet the current presentation asserts that such a project has and can be sketched out. A number of postulates about the distinctive contours of a Christian view of flourishing are advanced derived from Christian thought and a Biblical worldview. Such a perspective will be hopeful and forward leaning. It will be discontent with our current failings but lacking the hubris of a belief in human self-perfectibility. It will not be utopian about our current prospects but still would strive to “persist in doing good”. It will be rich in practical theodicy and in redemptive engagement with suffering, seeing special value in being longsuffering. It will leave room for sacrificial ‘agape’ as a cardinal virtue, even if that virtue is transiently costly to other aspects of wellbeing. Yet such agape will not be properly construed as seeking the asceticism or self-mortification as an intrinsic goal. Rather than promoting unqualified self-congruence as an ideal for wellbeing, Christian flourishing will promote a kind of selective self-incongruence and congruence: Christians are to die to the “old self” and yet put on the new. Finally, the goal of Christian flourishing is always to progress to a fullness of life that God intends for us, as individuals and in community, but with a sober realization that we live both in the yet and not yet of God’s shalom.

Learning Objectives:

1. Attendees will compare/contrast a Christian view of flourishing with some standard ones arising from modern secular sources.
2. Attendees will be able to enumerate multiple postulates about human flourishing that arise from a Christian perspective.
3. Attendees will differentiate the implications of a fully realized versus inaugurated kingdom theology for a contemporary human flourishing paradigm

Peer-Reviewed References:

- Hathaway, W.L., & Yarhouse, M.A. (2021). *The Integration of Psychology and Christianity: A Domain-Based Approach*. Inter-Varsity Press.
- Pargament, K.I. (2001). *The Psychology of Religion and Coping: Theory, Research, Practice*. Guilford Press
- Pargament, K.I., & Exline, J. (2021). *Working with Spiritual Struggles in Psychotherapy: From Research to Practice*. Guilford Press.
- Seligman, M. (2018). PERMA and the building blocks of well-being. *The Journal of Positive Psychology*, 13(4), 333–335. <https://doi.org/10.1080/17439760.2018.1437466>

Religious/Spiritual Care Competencies for Flourishing in Practice

Dr. Jennifer Ripley, PhD

June 28, 9:00a-10:00a | Library Auditorium

1 CE credit available

Dr. Ripley, known for her clinical work in psychology and her faith, will explore the role and importance of spiritual care competencies within Christian communities. Her talk will explore how spiritual formation and pastoral care can contribute to the overall flourishing of individuals and communities alike.

Learning Objectives:

Participants of this session will:

1. Self-evaluate their religious-spiritual competency through case study discussion.
2. Understand the influence of personal beliefs or biases in addressing religion and spirituality in clinical work.
3. Review differentiation as a means to address religious-spiritual differences in therapeutic settings.

Peer-Reviewed References:

- Ripley, J.S., Sells, J.N., Battaglini, L., Haught, S., Smith, R., & Kent, V. (2024). Competency addressing religion and spirituality in couple and family therapy: Family CARS. In J. Fox (Ed.) Handbook of training in spiritual and religious competencies in mental health. Oxford University Press. In Press
- Crabtree, S. A., Chance A., Bell, D. A. R., Sandage, S.J. , Devor, N.G. , & Stavros, G. (2020). Humility, differentiation of self, and clinical training in spiritual and religious competence. *Journal of Spirituality in Mental Health*, 23, 1–21.
- Ripley, J.S., Worthington, E.L., Jr., Kent, V., Loewer, E., & Chen, J. (2023). Spiritually incorporating couple therapy in practice: Christian-accommodated couple therapy as an illustration. *Psychotherapy*, 59(3), 382–391. <https://doi.org/10.1037/pst0000411>

Human Flourishing and Practicing Forgiveness

Dr. Everett Worthington, PhD

June 28, 2:00p-5:00p | Library Auditorium

3 CE credits available

Three One-Hour Portions of a Workshop

Session 1: What Is Forgiveness, The Essence of REACH Forgiveness

- Stress-and-Coping Theory of Forgiveness (10 minutes)
- Brief Summary of Research (30 Randomized Controlled Trials, and Large Multi-site, Multi-nation RCT of 4,598 Participants) (5 minutes)
- Core of REACH Forgiveness Intervention: A Walk through the Exercises (15 minutes)
- Practical Applications (30 minutes)

Session 2: Using REACH Forgiveness in Practice

- In Psychotherapy (How to Adapt; What's Crucial and What's Not) 10 minutes
- In Adjunctive Psychoeducational Groups (How to Use Groups in a Group-Practice to Make Psychotherapy or Couple Therapy More Effective (10 minutes)
- In Adjunctive Psychoeducational Self-Administered Workbooks (5 minutes)
- Part of Self-Forgiveness Treatment for Self-Condensation or Moral Injury (15 minutes)
- Practical Application (20 minutes)

Session 3: Using REACH Forgiveness within Broader Treatments

- Part of Couple Therapy or Couple Psychoeducation (15 minutes)
- Part of Consultation with Churches and Pastors to Establish Deep Dives into Forgiveness (15 minutes)
- Practical Application (30 minutes)

Learning Objectives:

By the end of this workshop, the attendees will be able to:

1. Illustrate the steps in the essence of the REACH Forgiveness method with practical exercises.
2. Apply the six steps to self-forgiveness to treat self-condemnation.
3. Use REACH Forgiveness with couples in couple therapy.

Peer-Reviewed References:

Ho, M. Y., Worthington, E. L., Jr., Cowden, R. G., Bechara, A. O., Chen, Z. J., Elly Y Gunatirin, Elly Y., Joynt, S., Khalanskyi, Viacheslav V., Korzhov, Hennadii, Kurniati, N. M. T., Rodriguez, Nicole, Salnykova, Anastasiya, Shtanko, Liudmyla, Tymchenko, Sergiy, Voytenko, V., Zulkaida, Anita, Mathur, M. B., & VanderWeele, T. J. (2024).

International REACH Forgiveness intervention: A multi-site randomised waitlist-controlled trial. *BMJ Public Health*, 2:e000072. (<https://doi.org/10.31219/osf.io/8qzgw>)

Ortega Bechara, A., Chen, Z. J., Cowden, R. G., Worthington, E. L., Jr., Toussaint, L., Rodriguez, N., Murillo, H. G., Ho, M. Y., Mathur, M., & VanderWeele, T. J. (2024). Do forgiveness campaign activities improve forgiveness, mental health, and flourishing? *International Journal of Public Health*, 69, March 8. <https://doi.org/10.3389/ijph.2024.1605341>.

Regent University School of Psychology & Counseling (SPC) is approved by the American Psychological Association to sponsor continuing education for psychologists. Regent SPC maintains responsibility for this program and its content.

Worthington, E. L., Jr. (2024). REACH Forgiveness: A narrative analysis of group effectiveness. *International Journal of Group Psychotherapy*, in press.

<https://doi.org/10.1080/00207284.2024.2340593>

Worthington, E. L., Jr., & Ripley, J. S. (2024). Hope, forgiveness, and positive psychology in couple therapy. Routledge, in press.

Worthington, E. L., Jr., & McConnell, J. (due Sep 2024). Promoting self-forgiveness in mental health practice: A principle-driven, patient-responsive, science-supported clinical approach. Oxford University Press, drafted, under revision.

Ho et al. (2024) supports use of the DIY workbook; Ortega Bechara et al. (2024) supports intervening in communities; Worthington (2024) supports use of REACH Forgiveness in groups; Worthington & Ripley (in press) supports use of REACH Forgiveness in couple therapy; Worthington & McConnell (under construction) supports use of REACH Forgiveness within self-forgiveness treatments