

SYLLABUS
COUN 497 – Working Through Conflict and Forgiveness
May Mini Semester 2022

Instructor: Sheerah Neal Keith, EdS, LMHC-S (FL), LPC (MS), NCC, RPT
Remote Office Hours: Tuesdays and Thursdays, 10:00-12:00pm Central Time
Zoom Link:
Email: XXX@tamuc.edu

CATALOG DESCRIPTION OF THE COURSE

COUN 497 – *Working Through Conflict and Forgiveness*. Three semester hours.

This course offers students opportunities to examine issues in addressing forgiveness within interpersonal conflicts and intrapersonal distress. Students will gain in-depth understanding of major theories of forgiveness, cross-cultural implications, and the application of these theories and interventions to facilitate healing of self and others.

GENERAL COURSE INFORMATION

As an elective, it is open to both undergraduate and graduate students in any major, with consent of instructor. It is particularly valuable to students planning to enter the fields of education and counseling. The course is designed to acquaint the student with theories of forgiveness and specifically the Forgiveness Reconciliation Model, through lectures, class discussions, readings, and individual study. Materials will focus on major theories of forgiveness, stages of forgiveness, interpersonal and intrapersonal healing, cross-cultural implications, and the application of these theories and interventions to facilitate healing of self and others.

COURSE OBJECTIVES include, but are not limited to, the following:

1. Students will identify and/or describe interpersonal and intrapersonal forgiveness.
2. Students will compare and/or describe significant theories related to forgiveness.
3. Students will explain cross-cultural considerations related to forgiveness.
4. Students will identify stages of forgiveness.
5. Students will identify specific tasks related to forgiveness.
6. Students will describe interventions related to forgiveness and moving past conflict.

TOPICAL OUTLINE OF CONTENT includes, but is not limited to, the following:

- I. Beliefs about forgives
- II. Forgiveness and culture
- III. Theories of forgiveness
- IV. Stages of forgiveness
- V. Interventions of forgiveness
- VI. Best practices in addressing conflict and forgiveness

COURSE REQUIREMENTS AND GRADING

GRADING

Final grades in this course will be based on the following scale:

- A = 90%-100%
- B = 80%-89%
- C = 70%-79%
- D = 60%-69%
- F = 59% or Below

COURSE ASSIGNMENTS

1. **Beliefs about Forgiveness- 30%**—Write at least one page pertaining to your beliefs about forgiveness. Where did you learn about forgiveness? How has your family, religion, and culture influenced your views about forgiveness? Is forgiveness required to be healthy and what does that look like in one relationship in your life? At least one source is required (no Wikipedia). (Double spaced, 12 pt font, Times New Roman, 1” margins).
2. **Forgiveness Testimonial Response- 30%**-- Find a YouTube Video on forgiveness. This could be a Ted Talk of how one overcame their anger or how someone’s anger resulted in negative effects in their life. It can pertain to anything as long as Anger Management is the main idea. Write a one-page summary of the video and identify how the video did or did not conform to your views on forgiveness. (Times New Roman, 12 pt font, Double Spaced, 1” margins).
3. **Working Through Conflict and Forgiveness—40%**--Take the Forgiveness Reconciliation Inventory (https://uofmississippi.qualtrics.com/jfe/form/SV_etIfolEprDQq2xv) and record your scores using the profile your instructor provided. Watch the [Instructional Video](#) on how to score and interpret the FRI using the attached FRI Scoring profile and Chapter 8. Write a 1–2-page paper (Times New Roman, 12 pt font, Double Spaced, 1” margins”)
 - briefly describing the situation you used when completing the Forgiveness Reconciliation Inventory;

- completing the FRI scoring profile;
- evaluating your profile compared to the common profiles provided in Chapter 8 of your text;
- your understanding of the forgiveness process based on the material in this course.

TEXT Balkin, R. S. (2021). *Practicing forgiveness: A path toward healing*. Oxford University Press.

ACCOMMODATIONS FOR STUDENTS WITH DISABILITIES

Students with Disabilities:

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

**Office of Student Disability Resources and
Services Texas A&M University-Commerce
Gee Library, Room 132.
Phone (903) 886-5150 or (903) 886-5835
Fax (903) 468-8148**

StudentDisabilityServices@tamuc.edu

| Week | Reading | Assignment/Presentation |
|------|-------------|---|
| 1 | Orientation | Course overview Discussion: Introduce yourself |
| 2 | Ch 1 | Harmful messages and pressures to forgive |
| 3 | Ch 2 | Forgiveness and culture |
| 4 | Ch.3 | Forgiveness models |
| 5 | | Assignment 1 Due |
| 6 | Ch 4 | Stage 1: Collaborative Exploration |
| 7 | Ch 5 | Stage 2: Role of Reconciliation |
| 8 | Ch 6 | Stage 3: Remorse/Change of the offender |
| 9 | Ch 7 | Stage 4: Interpersonal or Intrapersonal Forgiveness |
| 10 | | Assignment 2 Due |
| 11 | Ch 8 | The FRI |
| 12 | Ch 9 | Best practices |
| 13 | Epilogue | Summary and conclusions |
| 14 | | Assignment 3 Due |