

Forgive and forgive yourself: Workshop on forgiveness in couples



A group of UFV students attended the couples' forgiveness workshop led by professors Karla Gallo and Agata Kasprzak.

As part of the Week of Science, the UFV Institute of Forgiveness organized a complementary training activity (AFC) for its Psychology students, providing them an opportunity to explore the topic of forgiveness in romantic relationships.

The workshop, designed by professors Karla Gallo and Agata Kasprzak—whose research focuses on variables related to forgiveness processes—had the primary goal of offering an understanding and practical approach to healthy forgiveness in relationships, as well as the role of self-forgiveness from a psychological perspective.

During the session, myths and misconceptions about forgiveness were addressed, with scientific evidence presented on the benefits of forgiveness for personal health and well-being. The workshop also delved into other significant concepts, distinguishing forgiveness from processes such as forgetting, letting go of an offense, false or "pseudo-forgiveness," and even reconciliation. The presenters analyzed the various stages of the forgiveness process and provided participants with practical tools and insights for achieving successful forgiveness within a romantic relationship.

The methodology was interactive and experiential, allowing participants to actively engage in the workshop. Case studies were used to illustrate the core elements of the forgiveness process, accompanied by exercises designed to help participants reflect on their own experiences with forgiveness and self-forgiveness in their relationships.

The activity was warmly received by nearly fifty attendees, who praised the depth and relevance of the shared content. Initiatives like this underscore the commitment of UFV and the Institute of Forgiveness to promoting emotional and relational well-being through academic knowledge and thoughtful reflection.