

The Forgiveness process as an experience of personal improvement and guidance



Clara Molinero with a group of course participants during the training course.

Last December, a group of trainers, including teachers, mentors and administrative and service staff (PAS) from the university, participated in an intensive training program focused in the theme of forgiveness. This workshop, organized by the Forgiveness Institute, was headed by professors Clara Molinero, Saray Bonete, and Paula Crespí.

The main purpose was to provide participants with the main theoretical concepts but also practical tools, enabling them to apply what they have learned to their own lives, as the daily activities of their classrooms. The training was based on the forgiveness intervention model developed by the north American psychologist Robert Enright, providing attenders not only a conceptual framework but also a practical experience of this subject.

During the workshop, key issues were addressed, such as: What is forgiveness, and how can it be distinguished from related but different concepts, which are the essential steps to learning how to forgive, and what is the importance of self-forgiveness. In this same way, the benefits of implementing this skill as a tool for fostering students' personal and emotional development were also explored in depth.

Beyond definitions, the program created a space for reflection on profound questions such as: Is it possible to forgive without forgetting? Does forgiveness necessarily imply reconciliation with the other part? Which virtues support the act of forgiving? These deliberations helped participants enlarge their perspective, understanding that forgiveness is a complex skill that requires time, effort, and practice to be fully integrated.

Aligned with this practical approach, attendees were encouraged to participate more actively in the program, applying it to their own experiences. Each participant selected a personal offense that was worked in depth during the training, allowing a more effective internalization of the lessons learned.

This workshop is part of a much wider program aimed to all university students, promoted by the Forgiveness Institute under the title: "Have You Ever Felt Offended? Put Your Forgiveness into Practice." This program offers an intensive learning process about forgiveness over ten weeks, with the goal of enriching students' comprehensive education.