

Helping Clients Forgive

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An Empirical Guide for
Resolving Anger and
Restoring Hope

Robert D. Enright and
Richard P. Fitzgibbons

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Forgiveness has been found to be a pivotal process in helping clients resolve anger

over past betrayals, relieve depression and anxiety, and restore peace of mind. Synthesizing over 20 years of research in forgiveness, pioneers Robert D. Enright and Richard P. Fitzgibbons explain the process of forgiveness in psychotherapy in a way that can be applied by clinicians regardless of their theoretical orientation. How to recognize when forgiveness is an appropriate client goal; how to introduce and explain to clients what forgiveness is and is not; and concrete, stepwise ways of working forgiveness into therapy with individuals, couples, and families are among the many topics covered in this comprehensive volume. The roles that anger and forgiveness play in specific emotional disorders and clinical examples of work with individuals experiencing these disorders make this a highly practical resource as well as a well-documented sourcebook for all mental health practitioners.

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