Forgiveness course for Migraine

Overcoming our grievance stories

Why learn about forgiveness?

Grievance is formed when people are unable to successfully deal with not getting what they wanted, and then ruminate on the injustice. The more time spent dwelling on the loss, the more it is difficult to break the habit. Forgiveness is a coping mechanism that helps relieve common sources of stress and has a significant effect on our health and wellbeing.

How can forgiveness help with Migraine?

People living with a migraine disorder are faced with many different sources of stress including: childhood adversities, lack of support from family and friends, limited ability to participate in daily activities and social events, dealing with the stigma associated with migraine, difficulties with the health care system, etc. These often result in feelings of shame, sadness, and anger towards oneself and others. Learning to release the events/people that are causing us distress and cultivating a forgiving attitude can significantly improve our quality of life and well-being, and as a result, help to better manage the disorder.

What does the course include?

The course is open to **6-8 people**, and is offered **once a week** for **seven weeks**, **2 hours** long each session. Topics taught include: formulating our grievance story, sharing revenge stories, dismantling unenforceable rules, forgiveness of self, writing our forgiveness story, and much more.

Requirement for participation:

- Completion of the Resources for Migraine Management basic course.
- Sign the disclaimer for the course.
- Commitment to participate in **all weekly sessions**.
- Fill questionnaires before, and at the end of the course.

For more information contact Elizabeth at: Elizabeth@daniellefoundation.org

Jed Rosen is a Forgiveness Therapy instructor who has been teaching forgiveness to professional and lay audiences for over fifteen years. He is the Co-Director of The "Forgive For Good Center" along with his partner, Fred Luskin, Ph.D. He has been in the private practice of psychotherapy for over thirty years.

Dan Kaufmann, Ph.D. is a Research Assistant Professor at the Department of Neurology, University of Utah. In his private practice, Dan helps people cope with migraines, tension-type headaches, anxiety, and depression with hypnosis, NLP, and biofeedback. Clients rely upon him for techniques and cues to take control of their anxiety and pain. With each new healing skill he acquires, his clients learn to enjoy life more.