The Future of Forgiveness Interventions

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Learning Objectives

- By the end of this one-hour presentation, the participant will be able to
  - Explain the status of intervention clinical science as of 2013.
  - Note changes since 2013 to 2018
 - Identify possible future directions that intervention clinical science might grow into*.

*This is admittedly going to be biased toward things I'm doing, but nonetheless, I hope it will stimulate ideas that might take you in new directions as well.

Theme

- We have come a long way in forgiveness practice and research, but the journey is just beginning.

History of Publications per year with forgiv* in the article (Total: 58 good studies in 1997; 1100 in 2005; 2500+ in 2016)—Publications on interventions (fewer) have mirrored the growth
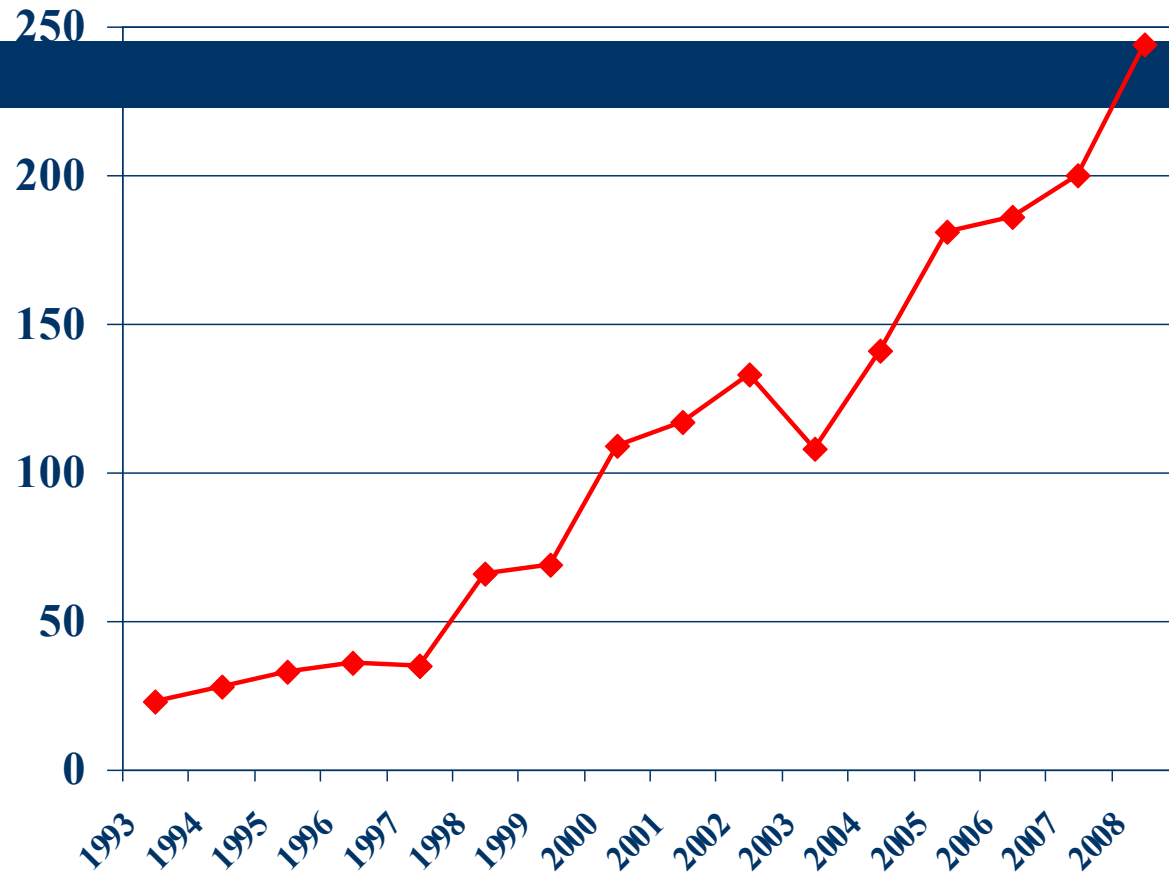
Big picture: Forgiveness research is a growth industry and it is continuing to grow.

What Do We Know about Interventions?

Meta-Analysis of RCT studies 2013

Meta-Analysis of Interventions

Findings:

(1) REACH Forgiveness and Enright Process model *equal in use*;

(2) All are **equally effective <u>per hour</u>**;

(3) Linear dose-response relationship: The **more time spent trying, the more you forgive** d=0.1/hour);

(4) Interventions not only increase forgiveness, but also **increase hope, and decrease both depression and anxiety.**

(5) Efficacy of psychoeducational groups, couple interventions, and psychotherapy were established.

2014, JCCP

Efficacy of Psychotherapeutic Interventions to Promote Forgiveness: A Meta-Analysis

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Iowa State University

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University of Wisconsin–Madison

Julia E. M. Kidwell
Iowa State University

Everett L. Worthington, Jr.
Virginia Commonwealth University

Objective: This meta-analysis addressed the efficacy of psychotherapeutic interventions to help people forgive others and to examine moderators of treatment effects. *Method:* Eligible studies reported quantitative data on forgiveness of a specific hurt following treatment by a professional with an intervention designed explicitly to promote forgiveness. Random effects meta-analyses were conducted using k = 53 posttreatment effect sizes (N = 2,323) and k = 41 follow-up effect sizes (N = 1,716) from a total of 54 published and unpublished research reports. *Results:* Participants receiving explicit forgiveness treatments reported significantly greater forgiveness than participants not receiving treatment (Δ_+ = 0.56 [0.43, 0.68]) and participants receiving alternative treatments (Δ_+ = 0.45 [0.21, 0.69]). Also, forgiveness treatments resulted in greater changes in depression, anxiety, and hope than no-treatment conditions. Moderators of treatment efficacy included treatment dosage, offense severity, treatment model, and treatment modality. Multimoderator analyses indicated that treatment dosage (i.e., longer interventions) and modality (individual > group) uniquely predicted change in forgiveness compared with no-treatment controls. Compared with alternative treatment conditions, both modality (individual > group) and offense severity were marginally predictive (ps < .10) of treatment effects. *Conclusions:* It appears that using theoretically grounded forgiveness interventions is a sound choice for helping clients to deal with past offenses and helping them achieve resolution in the form of forgiveness. Differences between treatment approaches disappeared when controlling for other significant moderators; the advantage for individual interventions was most clearly demonstrated for Enright-model interventions, as there have been no studies of individual interventions using the Worthington model.

Keywords: forgiveness, interventions, efficacy, treatment, anger

As of 2014, What Was Needed? Effectiveness and Dissemination Research.

Wade, N. G., Hoyt, W. T., Kidwell, J. E. M., & Worthington, E. L., Jr. (2014). Efficacy of psychotherapeutic interventions to promote forgiveness: A meta-analysis. *Journal of Consulting and Clinical Psychology, 82*(1), 154-170.

What Innovations Have Occurred Since 2013

- Head-to-head comparisons
  - Wade, N. G., Cornish, M.A., Tucker, J.R., Worthington, E.L., Jr., Sandage, S., & Rye, M. (in press). Promoting forgiveness: Characteristics of the treatment, the clients, and their interaction. *Journal of Counseling Psychology,* in press.
  - Toussaint, L. L., Worthington, E. L., Jr., Griffin, B. J., others. (2020). Comparison of secular versions of REACH Forgiveness and Forgive for Good in an explicitly Christian university. Being prepared for submission to *Journal of Psychology and Theology*, special issue on Empirical Research on Forgiveness, scheduled for 2020.

What Innovations Have Occurred Since 2013?

- <u>Online interactive forgiveness programs</u>—The most difficult challenges seem to be lowering attrition, adapting for cultures when anyone from any culture can use it.

- Nation, J., Wertheim, E., & Worthington, E. L., Jr. (in press). Evaluation of an online self-help version of the *REACH Forgiveness* program: Outcomes and predictors of persistence in a community sample. *Journal of Clinical Psychology*, in press.

What Innovations Have Occurred Since 2013?

- Cultural adaptations

- Kurtiani, N. M. T.., Widyarini, N., Citra, A. F., Widhiarso, W., Dwiwardani, C., & Worthington, E. L., Jr., (2018). Efficacy of a collectivistic-adapted REACH-Forgiveness intervention in Indonesia. Submitted to *Journal of Clinical Psychology*, December 10, 2017.

- Lin, Y., Worthington, E. L., Jr., Griffin, B. J., Greer, C. L., Opare-Henaku, A., Lavelock, C. R., Hook, J. N., Ho, M. Y., & Muller, H. (2014). Efficacy of REACH Forgiveness across cultures. *Journal of Clinical Psychology*, 70(9), 781-793.

  – Worthington, E. L., Jr., Lin, Y., & Ho, M. Y. (2012). Adapting an evidence-based intervention to REACH forgiveness for different religions and spiritualities. *Asian Journal of Psychiatry, 5*, 183-185. (Descriptive clinical article; not empirical)

- Worthington, E. L., Jr., Hunter, J. L., Sharp, C. B., Hook, J. N., Van Tongeren, D. R., Davis, D. E., Miller, A. J., Gingrich, F. C., Sandage, S. J., Lao, E., Bubod, L., & Monforte-Milton, M. M. (2010). A psychoeducational intervention to promote forgiveness in Christians in the Philippines. *Journal of Mental Health Counseling, 32*(1), 75-93.

What Innovations Have Occurred Since 2013?

- Evidence-based do-it-yourself workbooks (Can these be tailored to individuals? How do we ensure quality control if people select the exercises they choose to do?)

- Greer, C. L., Worthington, E. L., Jr., Lin, Y., Lavelock, C. R., & Griffin, B. J. (2014). Efficacy of a self-directed forgiveness workbook for Christian victims of within-congregation offenders. *Spirituality in Clinical Practice*, *1*(3), 218-230.

- Harper, Q., Worthington, E. L., Jr., Griffin, B. J., Lavelock, C. R., Hook, J. N., Vrana, S. R., & Greer, C. L. (2014). Efficacy of a workbook to promote forgiveness: A randomized controlled trial with university students. *Journal of Clinical Psychology*, *70*(12), 1158-1169.

- Lavelock, C. R., Worthington, E. L., Jr., Elnasseh, A., Griffin, B. J., Garthe, R. C., Davis, D. E., & Hook, J. N. (2017). Still waters run deep: Humility as a master virtue. *Journal of Psychology and Theology*, in press. (Compares Forgiveness, Humility, Patience, and Positivity workbooks)

What Continued Innovations Are Needed for the Future?

Can we design a brief intervention that consistently gets above the dose-response regression line?

- Efficacy research

With this as the status in 2018, what changes are needed?

- Different type of research, yielding new strategic directions: ***Effectiveness*** and ***Dissemination*** research.

Can Direct Applications Be Expanded? To What Populations and Problems?

- Enright has mostly aimed interventions at specific problems—psychotherapy-worthy problems, medical issues, other.
    - How widely can interventions be applied / tailored to individual problems?

Can Direct Applications Be Expanded? To What Populations and Problems?

- Can interventions (like process model and REACH Forgiveness) be integrated into existing evidence-based protocols?

  - See Sandage et al. integrated REACH Forgiveness into the Minnesota Linehan DBT for borderline personality disorder.

  - Sandage, S. J., Long, B., Moen, R., Jankowski, P. J., Worthington, E. L., Jr., Rye, M. S., Wade, N. G. (2015). Forgiveness in the treatment of Borderline Personality Disorder: A quasi-experimental pilot study. *Journal of Clinical Psychology*, 71(7), 625-640.

Are There Ways We Can Treat More People Effectively?

- Group Process models (Nathaniel Wade)

Delivery Systems

- Related (but really where forgiveness is just part of dealing with other problems):
  - *Self-Forgiveness* (one step of Six Steps to Forgive Yourself and Break Free from the Past)
  - *Couples therapy or enrichment* (as FREE [Forgiveness and Reconciliation through Experiencing Empathy]—half of the Hope-Focused Approach)
  - *Psychotherapy (Bob Enright's Forgiveness Therapy is unquestioned leader in long treatment of severe psychological forgiveness-related problems. REACH Forgiveness is for bothersome forgiveness issues when you don't want to or have resources to invest in weekly long-term forgiveness therapy.)*

Perhaps Some Standard Ways of Doing Things Might Need Rethinking?

- Use in Psychotherapy
- Forgiveness Therapy (long-term treatment, like incest survivors; Freedman & Enright; men with post-abortion issues with partners; Coyle & Enright); Enright & Fitzgibbons, 2015

Versus

- Adjunctive Psychoeducation (with use of Psychotherapy to deal with difficult problems)

- Obviously, both will always be needed

What New Uses Are Needed?

- Workplace interventions have not been developed, though much study has involved forgiveness in the workplace.

- Family therapy interventions are sparse (only one I know is Hargrave)

What New Delivery Systems Can Be Employed?

- Phone apps (Because of the strong dose-response relationship, a phone app is unlikely, by itself, to be effective. But, how do we employ these to support other interventions? Reminders to return to workbook or internet?).

- Game-based forgiveness practice (Can engaging games be developed that keep people participating?)

Can Mental Health Delivery Be Transformed?

- The PROBLEM
  - The demand for mental health services is growing quickly.
  - The supply of providers of mental health services is growing less quickly.
  - Forgiveness issues are involved in mental health disorders (see Enright & Fitzgibbons)
- Solution? Can the religious churches in the world (and specifically in the USA) be harnessed to provide mental health services at the lay level?
  - Suppose each congregation had 5 lay people trained to promote forgiveness. (1) Supply of providers would far outstrip demand. Beyond that, (2) the amount of mental illness might be reduced because people who forgive might have less depression and anxiety, and more hope.
  - Integration throughout religious organizations that already value forgiveness. Prevention and enrichment and mass delivery of treatment is attractive to communities that already embrace forgiveness and just need to know more about how to forgive. This is particularly the church.

Can Societies Be Transformed Simply by Public Health Intervention to Raise Awareness about Forgiveness?

- Griffin, B. J., Toussaint, L. L., Worthington, E. L., Jr., Zoelzer, M., Coleman, J. A., Lavelock, C. R., McElroy, A., Hook, J. N., Wade, N. G., Sandage, S. J., & Rye, M. S. (in press). Evaluating the effectiveness of a community-based forgiveness campaign. *The Journal of Positive Psychology,* in press.

Free-sources

Want more about how to do it? **www.EvWorthington-forgiveness.com** which includes manuals and downloadable training videos.
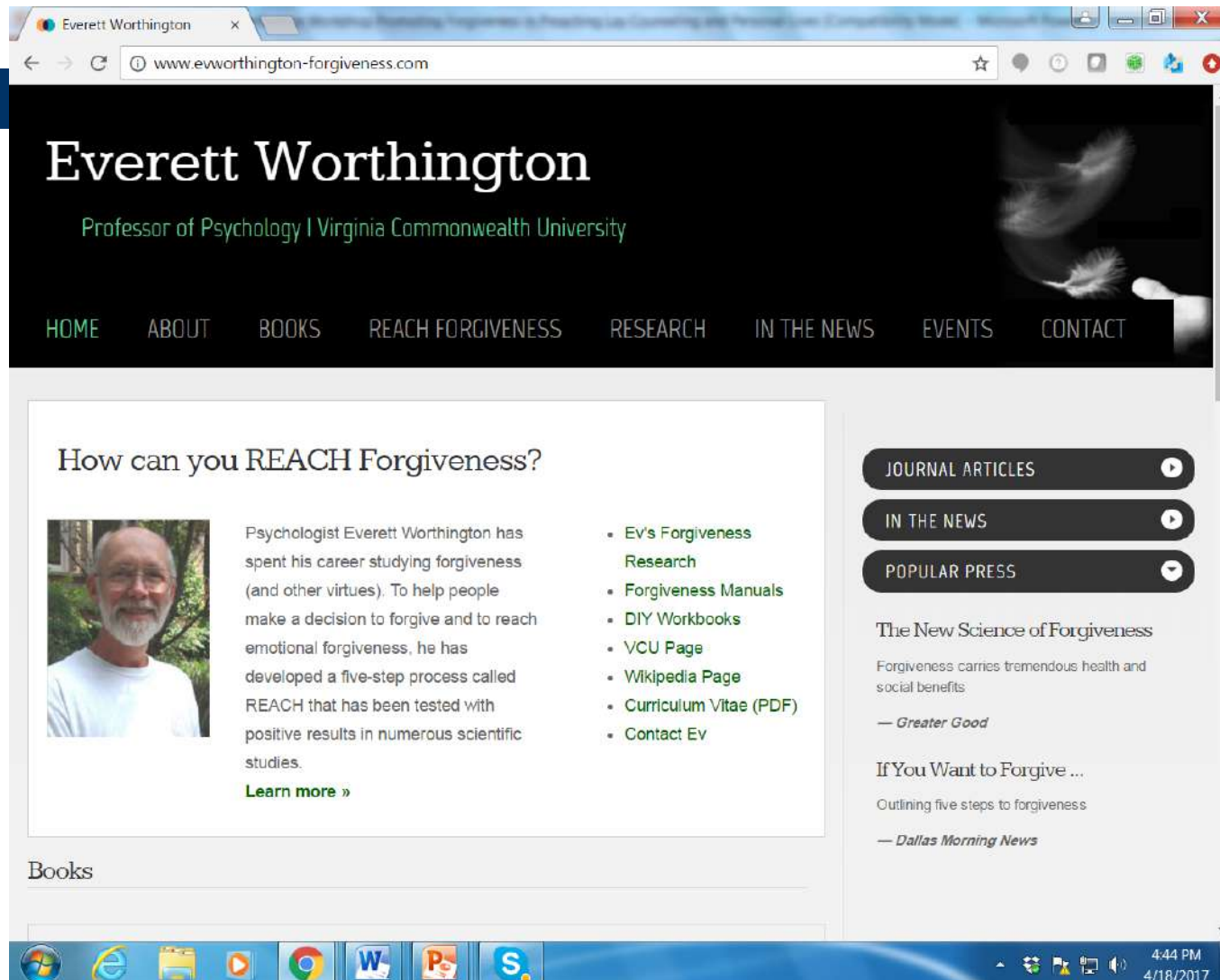
R=Recall the Hurt

E=Empathize (Sympathize, feel Compassion for, Love) the Transgressor

A=give an Altruistic Gift of Forgiveness

C=Commit to the Emotional Forgiveness One Experienced

H=Hold on to Forgiveness When Doubts Arise

Make Materials Available and Free—Group Manuals and Workbooks Are Free

Interventions Needed To Help Others

If you study it, find a niche and apply REACH Forgiveness (or other intervention) as an EBPP. (Recall, forgiveness does not mean one does not pursue justice.)

- Forgiveness and substance use, misuse, and abuse,
- Self-forgiveness in military,
- Forgiveness and bullying,
- Self-forgiveness and perfectionism,
- Forgiving parents and perfectionism,
- Forgiving people who violate social justice expectations,
- Forgiving people who discriminate or stigmatize (e.g., racial, ethnic, lifestyle, identity, etc.),
- Forgiveness related to disabilities (people perceived to have caused the disability, insensitive or offensive treatment afterwards, etc.) [PLUS many more]
- But, the take-homes are wider…

Theme

- We have come a long way in forgiveness practice and research.

- However, the journey is just beginning.

- We have not even harvested the "low-hanging fruit" yet.

Questions and Answers

Appendix

Comparing REACH Forgiveness (Psychoed groups) head to head with Active Alternatives, Not Just No Treatment or Wait Group Process (Yalom) and Wait List for Community Residents (N=162)

- Wade, N. G., Cornish, M.A., Tucker, J.R., Worthington, E.L., Jr., Sandage, S., & Rye, M. (in press). Promoting forgiveness: Characteristics of the treatment, the clients, and their interaction. *Journal of Counseling Psychology,* in press.

  – REACH forgiveness v waiting list: REACH Forgiveness >> Wait on revenge, rumination, benevolence, and empathy, but not on psychological symptoms, *p* = .053 .

  – REACH Forgiveness treatment > Process treatment on lowering revenge and symptoms and rumination and on increasing benevolence and empathy. The only significant one is REACH Forgiveness >Process on reductions in rumination.

  – **Take home: REACH Forgiveness ~ Yalom Process Groups (REACH is perhaps a little better).**

Table 1

Means and Standard Deviations of the Outcome Variables across Treatment Condition and Measurement Time.

Pre-Treatment

Outcome	REACH Forgiveness			Process			Waitlist		
	M	SD	n	M	SD	n	M	SD	n
Revenge	10.7	5.2	65	11.3	5.4	65	11.7	6.1	32
Rumination	21.7	4.4	65	20.2	5.4	65	18.3	5.4	32
Benevolence	20.0	6.7	63	21.1	6.1	64	21.8	7.3	32
Empathy	17.0	9.0	65	17.1	9.0	65	17.1	9.8	32
Symptoms	1.68	.73	65	1.50	.73	65	1.47	.68	32

Mid-Treatment

Outcome	REACH Forgiveness			Process			Waitlist		
	M	SD	n	M	SD	n	M	SD	n
Revenge	10.6	4.8	55	10.6	5.1	56	11.3	5.7	33
Rumination	18.1	5.2	55	18.0	6.3	57	17.0	6.4	33
Benevolence	22.7	7.3	55	22.6	5.5	55	21.4	7.3	33
Empathy	20.8	10.0	55	17.3	8.3	56	17.4	10.6	33
Symptoms	1.43	.76	55	1.39	.76	56	1.45	.80	33

Post-Treatment

Outcome	REACH Forgiveness			Process			Waitlist		
	M	SD	n	M	SD	n	M	SD	n
Revenge	8.3	3.7	54	9.0	4.3	53	11.5	5.3	31
Rumination	15.1	5.4	54	15.7	6.6	54	16.7	5.9	31
Benevolence	25.9	6.5	54	24.2	5.8	52	21.0	6.4	31
Empathy	22.6	11.1	54	19.3	10.1	54	16.6	8.6	31
Symptoms	1.23	.71	53	1.13	.64	55	1.21	.66	31

Six Month Follow-up

Outcome	REACH Forgiveness			Process			Waitlist		
	M	SD	n	M	SD	n	M	SD	n
Revenge	8.7	4.3	56	9.3	5.2	51	--	--	--
Rumination	14.3	6.7	55	14.4	6.9	53	--	--	--
Benevolence	25.0	7.2	56	23.7	7.1	51	--	--	--
Empathy	20.1	11.0	55	17.0	10.2	53	--	--	--
Symptoms	1.22	.72	56	1.21	.83	54	--	--	--

Comparing REACH Forgiveness head to head with Active Alternatives, Not Just No Treatment or Wait List—Forgive for Good (Fred Luskin)

- Toussaint, L. L., Worthington, E. L., Jr., Griffin, B. J., others. (2020). Comparison of secular versions of REACH Forgiveness and Forgive for Good in an explicitly Christian university. Being prepared for submission to *Journal of Psychology and Theology*, special issue on Empirical Research on Forgiveness, scheduled for 2020.

- **Take Home: REACH Forgiveness better on TRIM (motives) and Emotional forgiveness), but the CBT-strong Luskin FFG better on forgiveness cognition.**
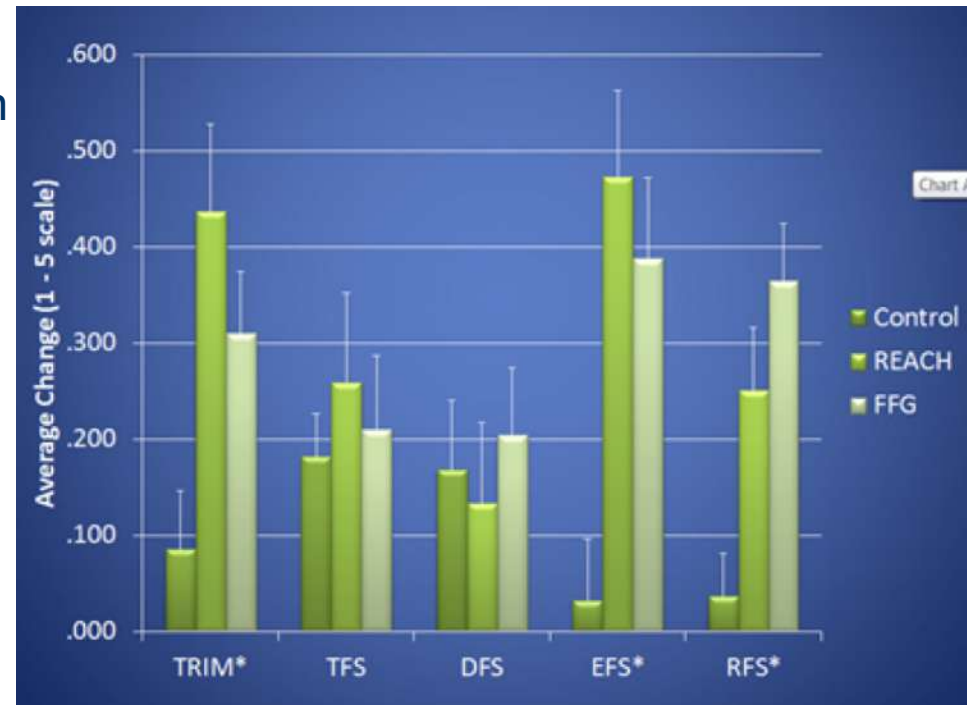
Integrate REACH Forgiveness Group Protocol into Established Protocol for Treating Borderline Patients

- Sandage, S. J., Long, B., Moen, R., Jankowski, P. J., Worthington, E. L., Jr., Rye, M. S., Wade, N. G. (2015) Forgiveness in the treatment of Borderline Personality Disorder: A quasi-experimental pilot study. *Journal of Clinical Psychology*, 71(7), 625-640.

Table 2

Repeated Measures ANOVA and Follow-up Paired Sample T-tests for the Forgiveness Module and Follow-up

Variable	$F(df)$	Time 2-3 $t(39)$	Time 2 M	Time 2 SD	Time 3 M	Time 3 SD	d	Time 2-4 $t(32)$
RTRIM	6.25(2.4,77.6+)***	3.22**	9.23	4.30	7.30	3.12	.53	2.62*
ATRIM	8.68(2.4,76.3+)***	5.70***	20.05	7.92	14.83	6.68	.92	2.68*
BTRIM	12.69(3,96)***	-4.43***	18.80	5.00	22.78	6.16	-.71	-4.75***
DFS	11.59(2.4,77.8+)***	-7.37***	28.38	5.23	34.55	4.38	-1.18	-4.02***
EFS	24.94(3,96)***	-7.89***	22.75	5.49	28.98	7.36	-1.33	-7.66***
TFS	10.75(3,96)***	-4.48***	29.88	7.39	33.80	8.18	-.71	-5.22***
ANXATT	7.70(3,96)***	4.58***	30.23	6.69	27.13	8.44	.79	3.85***
AVATT	4.41(3,96)**	2.67*	21.73	6.43	19.65	6.39	.42	1.41
PSC	4.31(3,96)**	3.19**	24.58	10.97	20.90	12.15	.51	2.82**

Note: Time 1 was an initial assessment (not listed); Time 2 occurred after a non-forgiveness-related module; Time 3 occurred after the forgiveness module; Time 4 occurred after another non-forgiveness-related module. RTRIM = Revenge subscale of the Transgression-Related Interpersonal Motivations Inventory, ATRIM = Avoidant subscale of the Transgression-Related Interpersonal Motivations Inventory, BTRIM = Benevolence subscale of the Transgression-Related Interpersonal Motivations Inventory, DFS = Decisional Forgiveness Scale, EFS = Emotional Forgiveness Scale, TFS = Trait Forgiveness Scale, ANXATT = anxious attachment dimension

Take home: In a psychotherapy group with borderline patients, REACH Forgiveness helped them forgive.

Adapting Psychoeducational Groups for Culture

- Lin, Y., Worthington, E. L., Jr., Griffin, B. J., Greer, C. L., Opare-Henaku, A., Lavelock, C. R., Hook, J. N., Ho, M. Y., & Muller, H. (2014). Efficacy of REACH Forgiveness across cultures. *Journal of Clinical Psychology*, 70(9), 781-793.
  - Worthington, E. L., Jr., Lin, Y., & Ho, M. Y. (2012). Adapting an evidence-based intervention to REACH forgiveness for different religions and spiritualities. *Asian Journal of Psychiatry, 5*, 183-185. (Descriptive clinical article; not empirical)

- **Take Home: Foreign students and Virginia-born students (mixed half and half in each group) responded equally to REACH Forgiveness groups.**

Adapting Psychoeducational Groups for Culture

- Christian adapted treatments for Christians who had hurt other Christians had dose-response relationship of 0.2 SDs per hour (twice the normal rate).

  - **Take home: Christian-adapted groups exceed the 0.1SD per hour regression line. Needs replication!!**

- Worthington, E. L., Jr., Hunter, J. L., Sharp, C. B., Hook, J. N., Van Tongeren, D. R., Davis, D. E., Miller, A. J., Gingrich, F. C., Sandage, S. J., Lao, E., Bubod, L., & Monforte-Milton, M. M. (2010). A psychoeducational intervention to promote forgiveness in Christians in the Philippines. *Journal of Mental Health Counseling, 32*(1), 75-93.

  - **Take home: Adapted groups both to Filipino and Christian cultures were effective.**

Adapting Psychoeducational Groups for Culture—Adapting Psychoeducational Groups for Culture—Under review

- Kurtiani, N. M. T.., Widyarini, N., Citra, A. F., Widhiarso, W., Dwiwardani, C., & Worthington, E. L., Jr., (2018). Efficacy of a collectivistic-adapted REACH-Forgiveness intervention in Indonesia. Submitted to *Journal of Clinical Psychology*, December 10, 2017.

  - **Take home: Adapt specifically to Indonesian collectivism, not all collectivism is equal.**

Decisional Forgiveness Scale**   Decision to Forgive Scale**   Emotional Forgiveness Scale
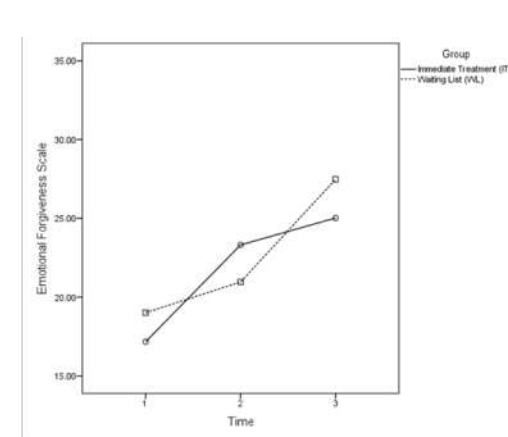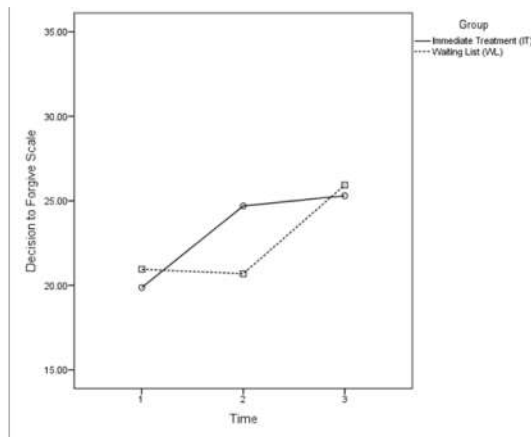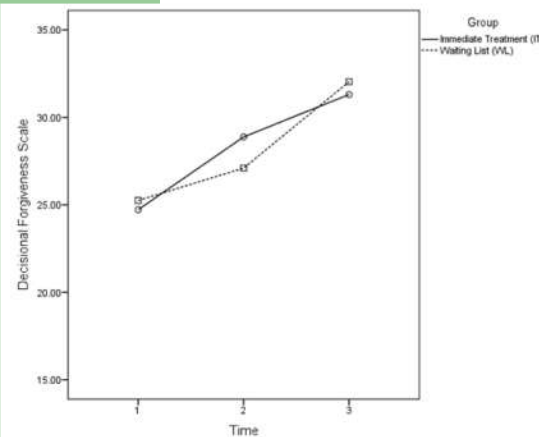
New Modalities, Not Psychoeducational REACH Forgiveness Groups: Do-It-Yourself, DIY, Workbooks

Add a Modality—Do-It-Yourself Workbooks

- ## Workbooks

Becoming a More Forgiving Christian: Learning Workbook   1

Experiencing Forgiveness: Six Practical Sections for Becoming a More Forgiving Christian

Self-Directed Learning Workbook

The Path to Forgiveness: Six Practical Sections for Becoming a More Forgiving Person

Self-Directed Learning Workbook

An Intervention to Promote Forgiveness

Everett L. Worthington, Jr., PhD
Virginia Commonwealth University
(Adapted as a Workbook by Caroline Lavelock)
November 1, 2011

Christian REACH Workbooks

Figure 1. Relationship of TRIM-A and TRIM-R (Summed) by Treatment Condition and Time(s). See the online article for the color version of this figure.

Efficacy of a Self-Directed Forgiveness Workbook for Christian Victims of Within-Congregation Offenders

Chelsea L. Greer, Everett L. Worthington, Jr., Yin Lin,
Caroline R. Lavelock, and Brandon J. Griffin
Virginia Commonwealth University

Multiple psychoeducational and psychotherapeutic interventions are available to aid victims of offense in the arduous process of forgiving wrongdoers. These interventions often require that trained professionals deliver the intervention, which is costly. In the present study, a Christian version of Worthington's REACH Forgiveness intervention was adapted into a nominally 6-hr self-directed workbook for Christians who experienced an offense within their religious community. College students ($N = 52$) completed the workbook within a randomized waiting-list design with 3 assessments. A significant multivariate Condition × Time interaction showed that people improved while working on the workbook and maintained gains after completion. The workbooks produced a larger effect size in reducing unforgiveness than benchmarks of previous REACH Forgiveness psychoeducational interventions of comparable duration. Effect size fell within the upper limit of the standard of change. We conclude that workbook treatments may be cost-effective and easily disseminated. Additional workbook intervention studies are warranted.

Keywords: forgiveness, intervention, Christian, offense, self-help
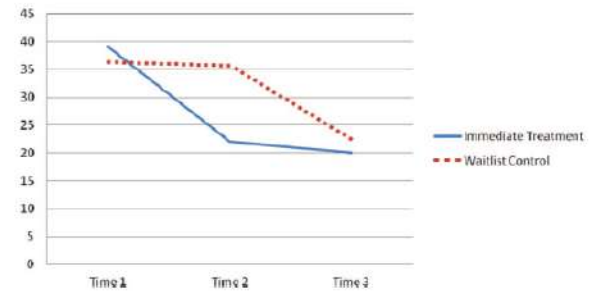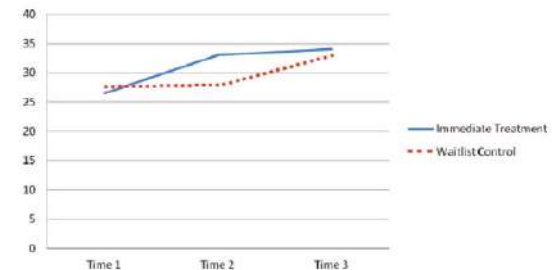
Figure 2. Relationship of DFS by Treatment Condition and Time(s). See the online article for the color version of this figure.
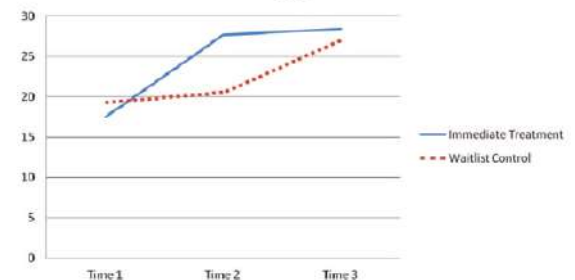
Figure 3. Relationship of EFS by Treatment Condition and Time(s). See the online article for the color version of this figure.

Take home: TWICE as effective as secular.

Secular REACH Forgiveness Workbooks

Efficacy of a Workbook to Promote Forgiveness: A Randomized Controlled Trial With University Students

Quandrea Harper,[1] Everett L. Worthington, Jr.,[1] Brandon J. Griffin,[1] Caroline R. Lavelock,[1] Joshua N. Hook,[2] Scott R. Vrana,[1] and Chelsea L. Greer[1]

[1] Virginia Commonwealth University
[2] University of North Texas

Objective: The present study investigated the efficacy of a 6-hour self-directed workbook adapted from the REACH Forgiveness intervention. **Method:** Undergraduates (N = 41) were randomly assigned to either an immediate treatment or waitlist control condition. Participants were assessed across 3 time periods using a variety of forgiveness outcome measures. **Results:** The 6-hour workbook intervention increased forgiveness, as indicated by positive changes in participants' forgiveness ratings that differed by condition. In addition, benchmarking analysis showed that the self-directed workbook intervention is at least as efficacious as the delivery of the REACH Forgiveness model via group therapy. **Conclusion:** A self-directed workbook intervention adapted from the REACH Forgiveness intervention provides an adjunct to traditional psychotherapy that could assist the mental health community to manage the burden of unforgiveness among victims of interpersonal harm. © 2014 Wiley Periodicals, Inc. J. Clin. Psychol. 70:1158–1169, 2014.

Keywords: forgiveness; intervention; REACH Forgiveness; workbook intervention; benchmarking

Take home: Equally effective as group psychoeduation.

Figure 2. Participants' ratings of unforgiveness and forgiveness over time. TRIM_AR = Transgression-Related Interpersonal Motivations-Avoidance + Revenge (range, 7-60), RFS = Rye Forgiveness Scale (range, 15-75). Participants forgiveness ratings on other measures (i.e., DFS & EFS) follow a similar pattern.

Compare REACH Forgiveness 7-hour Workbook with Workbooks to Promote Other Virtues (humility, patience) and Positivity

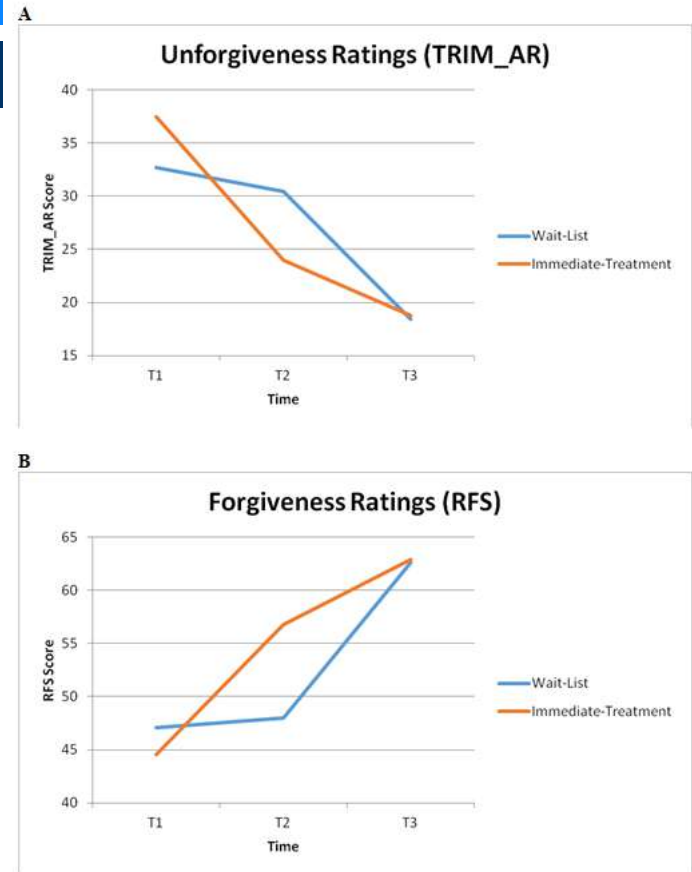- Lavelock, C. R., Worthington, E. L., Jr., Elnasseh, A., Griffin, B. J., Garthe, R. C., Davis, D. E., & Hook, J. N. (2017). Still waters run deep: Humility as a master virtue. *Journal of Psychology and Theology*, in press. (Compares Forgiveness, Humility, Patience, and Positivity workbooks)

Table 1
Study 1 Means and Standard Deviations for Outcome Measures, N = 168

Condition	Forgiveness (*n*=30)		Humility (*n*=26)		Patience (*n*=28)		Self-Control (*n*=24)		Positivity (*n*=27)		Control (*n*=33)	
	T1	T2	T1	T2	T1	T2	T1	T2	T1	T2	T1	T2
VIA M	34.73	35.54	32.62	35.19*	35.29	35.14	34.63	35.92	34.44	35.20	33.42	33.13
(SD)	(6.66)	(5.40)	(5.19)	(5.88)	(6.38)	(6.73)	(5.78)	(5.63)	(6.94)	(6.42)	(4.87)	(5.88)
TFS M	30.90	34.79*	32.27	36.23*	32.29	36.43⁺	35.67	36.38	35.33	38.04*^	33.39	33.45
(SD)	(7.22)	(6.72)	(6.11)	(7.82)	(7.18)	(5.51)	(6.50)	(6.02)	(5.45)	(5.56)	(5.73)	(6.11)
PS M	34.57	37.43*	35.35	38.27*	36.39	39.21*	38.17	38.46	35.96	37.56	36.48	36.47
(SD)	(6.58)	(6.41)	(6.57)	(5.86)	(6.28)	(5.92)	(6.94)	(7.23)	(5.20)	(5.44)	(6.67)	(6.97)
SCS M	42.93	42.71	39.27	40.38	41.68	44.36*	40.63	41.75	40.70	42.20	41.15	40.69
(SD)	(9.18)	(9.41)	(9.82)	(10.12)	(10.19)	(10.64)	(8.56)	(7.99)	(4.98)	(6.60)	(8.95)	(9.34)
Neg M	21.63	19.04	22.85	19.77*	19.61	17.36*	18.79	17.83	20.93	17.19*	19.61	20.13
(SD)	(9.11)	(7.17)	(6.98)	(6.35)	(5.70)	(6.37)	(5.99)	(4.09)	(6.26)	(3.99)	(7.68)	(7.99)

Note. Possible values for the VIA (Values in Action) measure of humility range from 9-45. Possible values for the TFS (Trait Forgivingness Scale) measure of forgivingness range from 10-50. Possible values for the PS (Patience Scale) measure of patience range from 10-50. Possible values for the SCS (Self-Control Scale) measure of self-control range from 13-65. Possible values for the Neg (Positive and Negative Affect Schedule) measure of negativity range from 10-50.
* = significantly different from own condition's Time 1 score
+ = significantly different from positivity condition's score at the same time

Take home: Forgiveness groups changed trait forgivingness and also changed trait patience.

Online REACH Forgiveness Intervention (from Australia)

- Nation, J., Wertheim, E., & Worthington, E. L., Jr. (in press). Evaluation of an online self-help version of the *REACH Forgiveness* program: Outcomes and predictors of persistence in a community sample. *Journal of Clinical Psychology*, in press.

Take home: For online, modifications are needed to keep people persisting through the entire intervention. Felt progress in early modules, cliff-hangers to get people to move from completed module to module (most quit at end of module), questions, self-ratings that keep people engaged.

These Three Areas Include REACH Forgiveness as PART of a more Complex Treatment

- Self-Forgiveness
- Community Awareness-Raising
- Couples Enrichment and Therapy

Following marketing rules (Avoid Product-Line Extension or it dilutes your main line), these use a different name (but all incorporate REACH Forgiveness within).

Adapt REACH Forgiveness Within Six Steps to Self-Forgiveness and Decisional Plus Emotional Self-Forgiveness—Sorry No Time to Go Through This

Worthington, E. L., Jr. (2013). *Moving Forward:* **Six Steps to Self-Forgiveness and Breaking Free from the Past**. Colorado Springs: WaterBrook/Multnomah.

Griffin, B. J., Worthington, E. L., Jr., Lavelock, C. R., Greer, C. L., Lin, ., Davis, D. E., & Hook, J. N. (2015). Efficacy of a self-forgiveness workbook: A randomized controlled trial with interpersonal offenders. *Journal of Counseling Psychology, 62*(2), 124-136.

Davis, D. E., Ho, M. Y., Griffin, B. J., Bell, C., Hook, J. N., Van Tongeren, D. R., Worthington, E. L., Jr.. DeBlaere, C., & Westbrook, C. (2015). Forgiving the self and physical and mental health correlates: A meta-analytic review. *Journal of Counseling Psychology, 62*(2), 329-335.

- Responsibility
  - Step 1: Receive God's Forgiveness (or Humanity, or Nature)—Moral repair (Decisional)
  - Step 2: Repair Relationships—Moral repair (Decisional)
  - Step 3: Reduce Rumination (Rumination, Expectations, Standards)—Internal condemnation (Emotional)
- REACH Emotional Self-Forgiveness
  - Step 4: Explicit Decision plus REACH Emotional Self-forgiveness)—Moral Repair (Decisional) plus Internal condemnation (Emotional)
- Repair of Self
  - Step 5: Realize Self-Acceptance—Internal condemnation (Emotional)
  - Step 6: Resolve to Live Virtuously—Moral Repair (Decisional)

Workbook to Promote Self-Forgiveness

Moving Forward:
Six Steps to Forgiving Yourself and
Breaking Free from the Past

Self-Directed Learning Workbook

An Intervention Designed to Promote Self-Forgiveness

Everett L. Worthington, Jr., PhD
Virginia Commonwealth University
(Adapted as a Workbook by Brandon Griffin & Caroline Lavelock)

A.

B.

Community Awareness-Raising Intervention—Note that REACH Forgiveness groups or workbooks could be used as one way to raise community awareness.

- Griffin, B. J., Toussaint, L. L., Worthington, E. L., Jr., Zoelzer, M., Coleman, J. A., Lavelock, C. R., McElroy, A., Hook, J. N., Wade, N. G., Sandage, S. J., & Rye, M. S. (2017). Evaluating the effectiveness of a community-based forgiveness campaign. *The Journal of Positive Psychology*, in press.

Take home: About 1200 of the 1600 students participated in multiple measurements. Result: you can change entire "societies" by awareness raising and provision of ways to experience forgiveness (i.e., REACH Forgiveness groups).

Comparing FREE (REACH Forgiveness is part of that) vs Communication and Conflict Resolution (HOPE) vs Retesting (N=154 Newly Married Couples) for Enrichment

- Worthington, E. L., Jr., Berry, J. W., Hook, J. N., Davis, D. E., Scherer, M., Griffin, B. J., Wade, N. G., Yarhouse, M., Ripley, J. S., Miller, A. J., Sharp, C. B, Canter, D. E., & Campana, K. L. (2015). Forgiveness-reconciliation and communication-conflict-resolution interventions versus rested controls in early married couples. *Journal of Counseling Psychology, 62*(1), 14-27.

Take home: HOPE and FREE both work, but FREE tends to affect unforgiveness motives and negative affect more, and HOPE with its direct communication training affected communication more.

Table 2
Estimates of Latent Growth Models of Outcomes Related to Models of a Target Hurt, General Marital Outcomes, Coded Videotaped Couple Interactions, and Cortisol Reactivity

Variable	B	SE	t	χ^2	CFI	RMSEA
			Models of general marital outcome (self-report)			
Dyadic adjustment				34.0**	.97	.062
Int.	118.6	0.71	166.9***			
Var. (Int.)	76.4	12.2	6.25***			
Slope on Int.	−0.001	0.01	−0.08			
Slope on FREE	0.17	0.16	1.01			
Slope on HOPE	0.29	0.15	1.97*			
			Models of a target hurt (self-report)			
Unforgiveness (TRIM)				19.6	.94	.030
Int.	25.8	0.36	72.6***			
Var. (Int.)	17.2	4.08	4.22***			
Slope on Int.	−0.04	0.03	−.30			
Slope on FREE	−0.26	0.12	−1.99*			
Slope on HOPE	−0.22	0.12	−1.82†			
Empathy (Batson)				17.7	.99	.025
Int.	33.9	0.55	62.0***			
Var. (Int.)	43.5	7.32	5.95***			
Slope on Int.	0.01	0.02	0.48			
Slope on FREE	0.29	0.15	1.96*			
Slope on HOPE	0.32	0.15	2.06*			
Negative affect				29.5*	.94	.058
Int.	43.4	0.75	56.2***			
Var. (Int.)	75.9	11.9	6.38***			
Slope on Int.	0.01	0.02	0.32			
Slope on FREE	−0.44	0.22	−1.97*			
Slope on HOPE	−0.21	0.20	−1.03			
			Model of self-reported communication			
Communication				25.9	.97	.047
Int.	54.8	0.32	172.6***			
Var. (Int.)	16.1	2.07	7.78***			
Slope on Int.	0.01	0.01	1.22			
Slope on FREE	0.03	0.08	0.34			
Slope on HOPE	0.13	0.07	1.97*			
			Models of coded videotaped couple interactions			
Negative interactions				5.12	.98	.054
Int.	2.83	0.05	57.9***			
Var. (Int.)	0.15	0.05	3.09**			
Slope on Int.	−0.01	0.02	−0.04			
Slope on FREE	−0.02	0.01	−2.09*			
Slope on HOPE	−0.02	0.01	−1.96*			
Positive interactions				7.54	.91	.096
Int.	3.03	0.05	64.07***			
Var. (Int.)	0.12	0.05	2.34*			
Slope on Int.	0.01	0.03	0.31			
Slope on FREE	0.03	0.01	1.98*			
Slope on HOPE	0.03	0.01	2.10*			
			Models of salivary cortisol			
Postimagery cortisol				5.88	.99	.025
Int.	−0.01	0.01	−1.89			
Var. (Int.)	0.00	0.01	0.54			
Preimagery cortisol t1	1.06	0.05	18.7**			
Preimagery cortisol t2	0.87	0.03	33.1**			
Preimagery cortisol t3	0.83	0.03	26.6**			
Linear slope on FREE	−0.01	0.01	−2.47*			
Linear slope on HOPE	−0.01	0.01	−2.27*			
Quadratic slope on FREE	.001	0.00	2.52*			
Quadratic slope on HOPE	.001	0.00	2.31*			

Note. CFI = comparative fit index; RMSEA = root-mean-square error of approximation; Int. = latent intercept; Var. (Int.) = variance of intercept; Slope on Int. = regression of latent slope on intercept (degree to which slope depends on initial status); Slope on FREE and Slope on HOPE = regression of latent slope on treatment (indicates treatment effect on change); FREE = Forgiveness and Reconciliation through Experiencing Empathy; HOPE = Handling Our Problems Effectively; TRIM = Transgression-Related Interpersonal Motivations; Preimagery cortisol is the regression of postimagery cortisol measures on preimagery cortisol measures at each assessment period; t1–t3 = Time 1–Time 3.
† $p < .10$. * $p < .05$. ** $p < .01$. *** $p < .001$.

	HOPE	FREE
DAS	*	
TRIM	+	*
Empathy	*	*
Negative Affect		*
Communication (SR)	*	
Negative Interactions	*	*
Positive Interactions	*	*
Cortisol	*	*

Take home: Religious HFA and Christian HFA equal in treating community couples in couple therapy.

Comparing HFA Standard (Secular) with HFA (Religiously Accommodated)

- Ripley, J. S., Leon, C., Worthington, E. J., Berry, J. W., Davis, E. B., Smith, A., Atkinson, A., & Sierra, T. (2014). Efficacy of religion-accommodative strategic hope-focused theory applied to couples therapy. *Couple and Family Psychology: Research and Practice, 3*, 83-98. doi:10.1037/cfp0000019

N=92 couples

Rel Accom = Standard (all head-to-head)

Treatments (combined) made difference

	Standard		Religion-accommodative	
	M	SD	M	SD
Revised Dyadic Adjustment Scale				
Baseline	42.70	9.69	42.17	8.94
Post	49.51	7.98	46.87	6.83
Follow-up	50.69	8.69	46.98	8.03
Relationship Commitment Scale				
Baseline	17.80	2.91	17.24	2.60
Post	18.85	1.78	18.36	2.61
Follow-up	18.59	2.34	17.85	2.94
Gordon Baucom Forgiveness Impact*				
Baseline	17.96	6.11	18.86	6.03
Post *	13.46	4.96	16.77	5.65
Follow-up	12.90	4.41	13.87	5.43
Gordon Baucom Forgiveness Meaning				
Baseline	24.51	5.54	24.54	4.97
Post	25.15	5.18	26.07	4.49
Follow-up	22.86	5.51	23.17	4.86
Gordon Baucom Forgiveness Moving On				
Baseline	26.97	5.42	26.48	5.38
Post	30.84	3.94	28.96	3.85
Follow-up	30.92	3.23	29.70	4.44
Spatial Distance*				
Baseline	18.92	19.52	16.33	15.12
Post *	8.47	13.70	8.42	14.14
Follow-up	14.30	30.00	8.76	14.72
Video Rating of Self				
Baseline	5.12	14.55	4.53	13.64
Post	15.94	9.78	11.54	11.18
Follow-up	14.05	13.24	14.17	13.00
Video Rating of Partner				
Baseline	4.60	15.28	3.47	14.35
Post	16.81	8.82	11.12	11.35
Follow-up	15.32	10.87	14.89	11.13
IDCS Positive Affect				
Baseline	4.94	1.63	4.76	1.70
Post	6.06	1.43	5.34	1.71
Follow-up	5.43	1.48	5.50	1.69

IDCS Negative Affect*					
Baseline	*	3.59	1.93	4.03	1.70
Post		2.92	1.20	3.42	1.70
Follow-up		3.29	1.24	3.19	1.36
IDCS Problem-Solving Skills					
Baseline		4.79	1.59	4.47	1.43
Post		5.83	.94	5.63	1.51
Follow-up		5.71	1.27	5.41	1.41
IDCS Denial*					
Baseline		2.85	1.40	2.97	1.24
Post	*	2.33	.67	2.61	.95
Follow-up		2.50	.92	2.47	1.13
IDCS Dominance*					
Baseline		3.47	1.58	3.29	1.27
Post	*	2.89	1.17	2.79	1.19
Follow-up		2.82	1.19	2.75	.98
IDCS Support Validation					
Baseline		4.35	1.65	4.66	1.67
Post		5.64	1.38	4.87	1.54
Follow-up		5.32	1.63	4.91	1.67
IDCS Conflict*					
Baseline	*	3.88	1.90	3.92	1.94
Post		3.08	1.42	3.42	1.33
Follow-up		3.57	1.55	3.25	1.46
IDCS Withdrawal*					
Baseline	*	2.74	1.64	2.74	1.16
Post		2.33	.76	2.71	1.35
Follow-up		2.21	.92	2.63	1.13
IDCS Communication Skills					
Baseline		5.65	1.52	5.68	1.32
Post		6.44	.77	6.32	1.09
Follow-up		6.61	1.10	6.25	1.24
IDCS Positive Escalation					
Baseline		3.12	1.2	2.79	1.17
Post		3.94	1.50	2.84	0.95
Follow-up		3.36	1.19	3.38	1.24
IDCS Negative Escalation*					
Baseline	*	3.18	1.53	3.21	1.38
Post		2.56	.84	2.47	.69
Follow-up		2.93	.90	2.31	.86
IDCS Commitment					
Baseline		6.71	.91	6.68	.93
Post		7.22	.72	7.00	.99
Follow-up		7.36	.83	7.19	.82
ICS Future Satisfaction					
Baseline		6.53	1.31	6.53	.95
Post		7.11	.67	6.89	.86
Follow-up		7.21	.96	7.00	.80

Help Religious Organizations Preach and Teach Forgiveness, Especially REACH Forgiveness

- Grant to Episcopal Preaching Foundation

- Resource on website

- Preparing for publication

Preach and Teach REACH Forgiveness:

A Practical Resource for Promoting Forgiveness in

Your Congregation

Everett L. Worthington, Jr.

Virginia Commonwealth University

Prepared initially for the Episcopal Preaching Foundation
May 19, 2017 (Given to Participants of PEP1 and PEP2)
Revised July 18, 2017 and September 1, 2017

Take home: Market to early adopters and opinion leaders.