



Diane Sardanopoli, MA, MPS, LPC · Licensed Professional Counselor / Certified Grief Recovery Specialist

A Pathway Through Loss – *A Grief Care Seminar Series*

SESSION 4

Forgiveness: A Vital Choice to Heal from Loss

- 1 Summarize the five emotionally unhealthy ideas that can keep individuals stuck in grief
- 2 Present the final myth that griever may unknowingly employ
- 3 **Action Step:** Ask participants to identify and write down the myths they have used
- 4 Explain a valuable tool to foster emotional healing
- 5 Describe what forgiveness is not and examine what forgiveness is
- 6 Discuss the importance of also forgiving oneself and releasing guilt to God
- 7 Share what the Word of God says about forgiveness
- 8 Unpack how unforgiveness and resentment can derail the healing process
- 9 Offer a faith-based framework to forgive others and oneself and release debts
- 10 Q&A and time of sharing from participants (about 15–20 minutes)
- 11 Prayer for hearts to be healed and reliance on God to extend forgiveness



ABOUT DIANE

Diane Sardanopoli is the Founder of Streams of Living Water, LLC, a center specializing in therapy, consultation, grief coaching, and speaking engagements. For over two decades, Diane has provided therapeutic services to women and young children ages 3 to 11. She treats a wide range of mental health concerns, including anxiety, depression, unresolved grief, and trauma. A seasoned Christian counselor and gifted speaker, Diane has a deep passion to help others experience God's love, hope, deep healing, and freedom in Christ. She designed a four-part seminar series. Her seminars educate individuals on the impact of loss and help them to navigate the path forward to begin to experience healing after loss. Diane also leads grief recovery groups to equip individuals to process the myriad emotions connected with loss and heal from significant losses. Diane is creating a resource to equip parents and all caregivers to help children, ages 7–11, grieve.

To register for a group or seminar, or to book a one-on-one session, email Diane at dsardanopoli@gmail.com