

Forgiveness the ultimate revenge

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This talk is geared toward approaching the idea of Forgiveness, including when, why and how we can move in the direction of Forgiveness, an overview of the process and how it benefits our lives through the 9 steps to Forgiveness. We further explore the benefits of a multidisciplinary team of healers during the process. We give individuals hope about not only overcoming the past but letting go of the havoc these pains caused in our body, our lives and our mental attitudes today.

Forgiveness encourages a fundamental shift away from the treatment of disease to a focus on the positive aspects of human nature as a basis for healing. By using the 9 steps to Forgiveness, the process is reduced to manageable actions that bring about peace and comprehensive healing around any situation, large or small.

I believe my own healing around sexual abuse was the final step of seeing the "humanity" in the abusers. It was then I could see the perpetrator, not as an enemy, but as an imperfect suffering human living a conflicted shameful existence. This shift came after working through the story, the feelings and the need to hurt something or someone. The Ultimate Revenge is becoming Happier, Healthier and more Excited about life than anyone ever expected possible....Younger Too!

Biography

Jack Lavino had been in recovery from alcoholism for 40 years and recovery from childhood sexual abuse for over 27 years. In addition, he had been an addiction treatment professional for 38 years, currently running a private addiction and trauma counseling practice in Boulder, Colorado. His career has included being the director of a national award winning Employee Assistance Program (EAP) at Kemper Insurance, running a private Recovery and Early Attachment counseling practice, an EAP consultant for Coconino County, establishing and directing the Students in Recovery Program at the University of Colorado. He had also taught Graduate Addiction courses at NAU in Flagstaff, Arizona and Naropa University in Boulder.

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