



Welcome
So glad you are here!

WHAT IS FORGIVENESS?

So often we misunderstand what forgiveness is. We think it's anything from condoning or excusing poor conduct, to forgetting or denying a painful experience, to being a religious experience. We even think forgiveness is for someone else.

Yet at its core, it is about liberating the inner conflict: it's about becoming and feeling empowered.

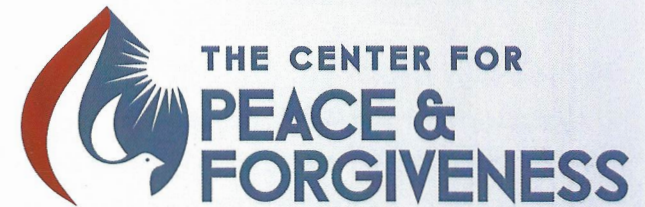
When you step into the process of forgiveness, you release the story that keeps you enmeshed in the anger and resentment of bitterness and sorrow. You make a choice to reclaim your life, your self-worth, your energy and open yourself up to new possibilities.

Forgiveness is for YOU, not anyone else.

WHO IS DIANE SHERWOOD?



Diane Sherwood has been on a lifelong journey to bring peace to her community. A native Kansan, Diane graduated from The Colorado College with a degree in psychology with an emphasis in behavior management. She worked at the National Children's Rehabilitation Center outside Washington DC. She returned to Wichita in 1984 and worked at her family's business, Sherwood Construction Company until 1998. Diane earned her law degree at The University of Tulsa, College of Law in 1993. In 1995 she became a Kansas Supreme Court approved mediator. She started Kids First Communications, later The Conflict Resolution Center, as she mediated family law matters and was an early Case Manager for high-conflict divorces. She taught mediation at Newman University from 2002 to 2007 and earned her Masters of Social Work in 2008 with an emphasis in healthy family systems. In 2005, she began handling divorces as an attorney and became a skilled litigator. In 2020, she studied forgiveness under Eileen Barker at the Path of Forgiveness. At the end of 2020, Diane retired from the practice of law, continued her mediation practice and began training others to forgive. Diane is now a Forgiveness Practitioner.



FORGIVENESS TRAINING

The Center for Peace and Forgiveness
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WHAT IS FORGIVENESS TRAINING?

Forgiveness Training is a specific process designed to heal your anger. It is not anger management or therapy. You will NOT learn to “manage your reactions” and

you will NOT be diagnosed or treated for mental illness, although this is therapeutic. You will learn a life skill to use forever.

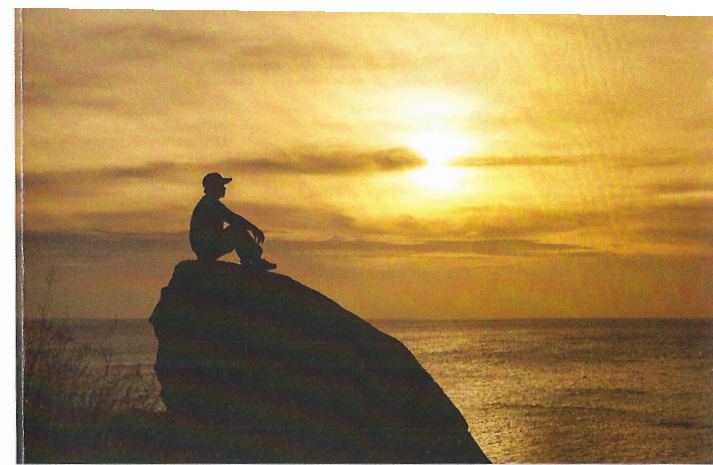
Think of forgiveness training like taking your car to a radiator shop instead of a general mechanic. Work on your radiator and you save your engine.

There is a beginning and an end. You will not continue with weekly sessions after you complete the process.

Forgiveness training takes several weeks, not years, to complete, during which you explore the events and emotions which have kept you trapped in anger, despair and misery and process through them to freedom, peace and joy.

IS FORGIVENESS TRAINING RIGHT FOR YOU?

- Do you know you're angry, know who or what you are angry at, don't know how to move past it and really want to?
- Commonly people are angry at their parents, siblings, spouses, children, friends, bosses, co-workers, ex-spouses, ex-spouse's new spouse.
- These people can even have died. The person with whom you are angry will not participate. You will not have to interact with them in this process.
- Less commonly, people are angry at the government, the church, the “system”, politicians, businesses, or God.
- Do you smoke, vape, drink to excess, use or abuse drugs, overeat, over sex, or have chronic pain? These are symptoms of suppressed anger.
- Have you been diagnosed with depression, anxiety or PTSD? Try this to relieve those.
- Are you tired of being picked on by others? Do you feel you are never quite good enough? Do people judge you all the time? That's part of what we work on.



ARE YOU CURIOUS?

We offer free introductory sessions where we give you a taste for the process and answer your questions.



ARE YOU INTERESTED?

We have group classes which are five-hour classes, meeting one day a week for three weeks.



ARE YOU READY?

We offer individual sessions that last 60 – 90 minutes once a week for 10 – 15 weeks where you delve deep into yourself for true and lasting peace. Available in person or via Zoom

