

***Forgiveness Among Individuals: The Relationship Between Forgiveness and Health  
The Study of Forgiveness with Victims and Offenders***

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*"Psychosocial Effects of Forgiveness Training with Adults"*

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**About the Investigators and Their Research in Forgiveness**

**Dr. Carl E. Thoresen**, is Professor Emeritus of Education and, by courtesy, Psychology and Psychiatry & Behavioral Sciences at Stanford University. He is also Senior Fellow in the Spirituality and Health Institute (SHI) at Santa Clara University. He served as Principal Investigator of the Stanford Forgiveness Project, a large randomized trial of forgiveness training program. He has published extensively on science and psychology of forgiveness, spirituality, and health. He continues to do research and writing through Stanford. He was the hub of a generative group of researchers, notably Dr. Fred Luskin and Dr. Alex H.S. Harris, both of whom studied with Dr. Thoresen at Stanford, but both of whom have continued to be active to promote forgiveness, especially in the area of health. Dr. Thoresen worked on the original Type A Behavior studies, and developed an expertise in health research and its intersection with interventions and rigorous methodology.

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## **Fredrick M. Luskin**

### **About the Investigator and His Research in Forgiveness**

**Dr. Fredrick M. Luskin** worked as a graduate student under Dr. Carl E. Thoresen on Dr. Thoresen's grant-funded project to promote forgiveness and hopefully derive cardiovascular risk improvement. The intervention developed by Dr. Luskin and Dr. Thoresen was expanded into a popular trade book by Dr. Luskin, who has spoken widely about how people can forgive. His model is oriented toward a cognitive-behavioral health perspective. Dr. Luskin has begun to publish his research into the efficacy of the model.

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## Alex H.S. Harris

### About the Investigator and His Research in Forgiveness

**Dr. Alex H.S. Harris** received his Ph.D. under Dr. Carl Thoresen. Dr. Harris pursued the study of forgiveness and health. He has continued to build a body of research on forgiveness and its relationship to health. He conducts health psychology and health services research at the Center for Health Care Evaluation, Veterans Affairs Palo Alto Health Care System and Stanford School of Medicine. He has co-authored several chapters and articles on the relationships between forgiveness and health and has lectured on forgiveness at national conferences. His current interests include forgiveness in the patient-doctor relationship and forgiveness related to substance abuse.

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