

# Stuntzner's Forgiveness Intervention: Learning to Forgive Yourself and Others

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## **Author Biography**

**Dr. Susan Stuntzner PhD, LPC, LMHP, CRC, NCC, DCC, BCPC, DAPA, FAPA** is an Assistant Professor of Rehabilitation Counseling and Human Services at the University of Idaho – Coeur d’Alene. She is a Licensed Professional Counselor, a Certified Rehabilitation Counselor, a Nationally Certified Counselor, and a Distance Credentialed Counselor. Dr. Stuntzner has employment experience in working with persons with disabilities in a number of contexts. She has worked as a psychology staff member in the Midwest, a rehabilitation counseling professional, a vocational evaluator, and as a program coordinator for a non-profit rehabilitation agency in the Northwest.

Dr. Stuntzner is a graduate of the Rehabilitation Psychology program at the University of Wisconsin – Madison. Her research interests include: coping and adaptation to disability, development of intervention techniques and strategies, resilience, forgiveness, self-compassion, and mentorship of professionals with disabilities. She has published articles on forgiveness, compassion, and self-compassion as they relate to persons with disabilities and the field of rehabilitation counseling, skills counselors need to know about disability, and resilience. Dr. Stuntzner is the author of three books relating to coping and adaptation and/or resilience following disability. These books are entitled, *Living with a Disability: Finding Peace Amidst the Storm*, *Reflections from the Past: Life Lessons for Better Living*, and *Resiliency and Coping: The Family After*.

More recently she has co-authored and published a 10-module resilience skill building intervention entitled, *Stuntzner and Hartley’s Life Enhancement Intervention: Developing Resiliency Skills Following Disability*. This resilience intervention has recently been undergoing pilot-testing and is showing promising results in decreasing anxiety and depression while also improving forgiveness and resilience. Additionally, she has written four articles for The Coeur d’Alene Press about self-compassion, resilience, forgiveness, and mentorship needs of women with disabilities to advance in the workplace.

Dr. Stuntzner has a website devoted to helping people and professionals learn about personal healing and growth following disability. More information about her work may be found at: [www.therapeutic-healing-disability.com](http://www.therapeutic-healing-disability.com)