



# SAMARITAN CENTER



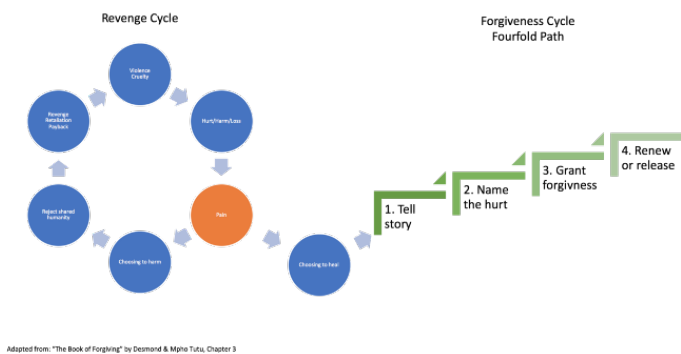
Change Lives

## The Four Steps of Forgiveness

### Forgiveness Part 2

by Erin Peace, LCSW, Therapist

In [Part 1](#) of this blog post on forgiveness, we explored both what forgiveness is, and what it is not based on The Book of Forgiving by Archbishop Desmond Tutu and Reverend Mpho Tutu.



Before providing their framework on [how to extend forgiveness](#), the authors first invite readers to explore how we could benefit from no longer holding onto our anger through the following exercise: They recommend finding a stone, and carving out six hours of your day to hold the stone in your non-dominant hand. Do not, under any circumstances, put down the stone.

At the end of the six hours, Archbishop Tutu and Reverend Tutu ask the following...

[Read the rest of Erin's blog here](#)

## \*NEW\* 4-Week Group Parenting Workshop



**4-Week Group Parenting Workshop**  
Empower, Connect, & Correct: TBRI®  
Tuesdays, 5:30-7:00 pm  
[Samaritan-Center.org](http://Samaritan-Center.org)

**Tuesdays, 5:30 to 7:00 PM, starts April 20th**

The **Trust-Based Relational Intervention (TBRI®)** Introduction and Overview Class Series is an introduction to principles that enhance your understanding about how to interpret behavior and respond appropriately. At this training, you will learn and practice:

- **Empowering Principles** to address physical needs
- **Connecting Principles** for attachment needs
- **Correcting Principles** to disarm fear-based behaviors

Facilitated by [Kamini Verma, LCSW-S, RPT-S](#).

Register: Call 512-451-7337, option 8 or email [frontoffice@samaritan-center.org](mailto:frontoffice@samaritan-center.org)

[Learn More](#)

## Meet A Board Member

### Bianca Bentzin

Bianca Bentzin is an attorney for the City of Austin and a licensed psychotherapist. In her therapy practice, Bianca focuses on couples therapy and supports individuals seeking healing from anxiety, grief, loss, trauma/PTSD, and life transitions.

She also volunteers to provide pro bono therapy to active-duty military personnel and veterans.

Bianca is originally from Arizona and lives with her college-age children and their cat, Max in Austin, Texas. She graduated with her undergraduate degree from the University of Arizona, her law degree from Drake University and her master's degree in marriage and family therapy from Northcentral University. Bianca enjoys backpacking, traveling, true-crime and brain science podcasts, and cooking for a house divided (vegan and meat-eaters).



[Interested in Volunteering?](#)

## Kendra Scott Give Back Event

**Save The Date: May 2 & 3**

Samaritan Center is thrilled to be partnering with the local Austin-based jewelry company [Kendra Scott](#) to raise funds that will support affordable mental health services for children and adults.

Shop all day May 2 and 3 on [kendrascott.com](http://kendrascott.com).

Make sure to enter the code **GIVEBACK-1GH4** at checkout and 20% of the proceeds will benefit Samaritan Center.

shop for good online or in-store!

May 2-3, 2021

Enter code

**GIVEBACK-1GH4**

in your cart or at checkout on kendrascott.com, or mention it at checkout in-store, and 20% of your purchase will benefit

**Samaritan Center**

*Not combinable with other offers.*

*Kendra Scott*

Donate



## Vision

We envision a healthy and compassionate community in which every individual achieves mental, physical, spiritual and social well-being.

## Mission

We heal hearts, provide hope and enhance lives with a holistic approach to mental health for all ages, whole families and the military community.

Samaritan Center | (512) 451-7337 | [samaritan-center.org](https://www.samaritan-center.org) | [Donate Now](#) | [Join Our List](#)