

Tom Delaney, O.F.S.

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Franciscan educational psychologist and theologian with over 35 years of experience in organizing communities to advance the wellness and well-being of persons with disabilities and mental health conditions.

- ☪ **Secular Franciscan (O.F.S.) in Mental Health & Healing Ministry**
- ☪ **2026 Wellness in the Woods “Voice of Hope”**
- ☪ **Certified Forgiveness Educator & Group Facilitator**
- ☪ **Person with Lived Experience of Forgiveness, Healing, and Spiritual Renewal**

EDUCATION & CERTIFICATIONS

M.A. and Ed.S. in Educational Psychology - *University of Minnesota*

- Psychology of Learning ▪ Developmental Psychopathology ▪ Learning & Cognition ▪ Developmental Neuropsychobiology ▪ Cognitive-Behavioral Therapy ▪ Social Development ▪ Psychopharmacology ▪ Child & Adolescent Psychopathology
- Clinical practicum at *University of Minnesota and Community-University Health Care Center*
- Certification in Adverse Childhood Experiences (ACE's) education, risk assessment, and community planning through *Minnesota Communities Caring for Children (FamilyWise)*

M.A. in Theology with a Concentration in Spirituality - *St. Catherine University*

- History of Christian Spirituality ▪ Moral Theology ▪ Sacramental Theology ▪ Pastoral Theology
- Thesis: Origins & Types of Spirituality in Early Christian Monasticism

Certificate in Catechesis – *St. Paul Seminary*

- Focus: Catechesis for Persons in Recovery from Trauma, Addiction & Mental Health Crisis

Certificate in Forgiveness Education & Group Facilitation – *Harvard University*

- Health & Mental Health Benefits of Forgiveness ▪ REACH Forgiveness Model & Process ▪ Forgiveness Group Facilitation ▪ Divine Forgiveness ▪ Self-Forgiveness ▪ Forgiveness & Justice ▪ Cultural Contexts of Forgiveness ▪ Forgiveness & Human Flourishing
- Provided “train-the-trainer” program for a Catholic Relief Services (CRS) humanitarian aid officer in Palestine

AFFILIATIONS

Order of Secular Franciscans (O.F.S.)
International Association of Catholic Mental Health Ministers
St. Cloud Diocese Mental Health Ministry Team
Harvard University Forgiveness Community of Practice
Harvard University Human Flourishing Network

PUBLIC SERVICE

State Advisory Council on Mental Health

State Children's Mental Health Subcommittee

State Behavioral Health Planning Council

State Rehabilitation Council

Adolescent Brain & Cognitive Development (ABCD) Study Community Liaison

The ABCD Study is the largest long-term study of brain development and developmental health in the United States tracking how childhood experiences interact with each other and with physiological growth over time to affect brain development and social, behavioral, academic, health, and other outcomes. The ABCD Study provides practical information to promote health and well-being for individuals, families, and community providers of care.

PUBLICATIONS & PRESENTATIONS

Self-Guided Forgiveness: Process & Practice Explained human well-being, the importance of forgiveness for mental health, and guided attendees in accessing free resources for working through forgiveness of another person.	Wellness in the Woods "Power of Hope Conference - September 2026
Sent, Sent, and Sent Again "A brief explanation of why your life has transitions in it and why God put 'em there in the first place."	Mary of the Visitation Church (Big Lake, MN) – May 2026
Lenten Forgiveness Series: Everything Must Be Fulfilled Encouraged readers to commit to the forgiveness they have offered, hold it in their hearts, and trust that this commitment represents a movement toward the wholeness and fulfillment found in following Christ.	Central Minnesota Catholic – March 2026
We, Though Many, Are One Explored how forgiveness can help heal divisions and restore unity, drawing on the Christian understanding that although we are many and different, we are ultimately one body in Christ and called to live in reconciliation with one another.	Central Minnesota Catholic – March 2026
Lenten Forgiveness Series: Road to Jerusalem, Road to Forgiveness Explained using the image of Christ's journey to Jerusalem to encourage readers to "pack light" by letting go of resentment and embracing forgiveness, drawing on both Gospel teaching and research showing forgiveness' benefits for well-being and a sense of meaning and purpose.	Central Minnesota Catholic – March 2026

A Season Like Never Before Introduced a Lenten journey of forgiveness, inviting readers to recognize Lent as a unique opportunity to release resentment and enmity, embrace Christ's merciful love, and begin intentionally practicing forgiveness through a guided process grounded in Catholic faith and forgiveness research.	Central Minnesota Catholic – March 2026
Speaking of Forgiveness In this episode of the Diocese of St. Cloud podcast Speaking of Faith, Tom Delaney, a Secular Franciscan, educational psychologist, and mental and behavioral health advocate explains forgiveness as both a gift and a process that integrates wrongdoing into one's life story. He shares how forgiveness can offer health benefits and allows us to participate in salvation. Using Jesus and Peter as an example, he describes restoring relationships without excusing injustice, distinguishes decisional from deeper emotional forgiveness and suggests formalizing forgiveness in writing. He also emphasizes how the home is a "school of forgiveness" and how the sacraments of reconciliation and Eucharist can help along the way.	Speaking of Faith Podcast – March 2026
Financial Wellbeing & Mental Wellness Explained definitions of financial well-being and mental wellness from scientific research, reviewed the 10 life decisions that most contribute to financial wellbeing, and provided an easy simple tool for self-assessment and planning for better financial well-being and mental wellness.	Catholic Men's "Walking Together as Brothers" Conference – February 2026
Minnesota Franciscan and a Palestinian Humanitarian Build Peace	Central Minnesota Catholic – January 2026
St. Cloud Secular Franciscans Celebrate 100 Years	Central Minnesota Catholic – March 2023