

Guilt, Regret, and Shame: Interventions for Today's Grieving Clients

Guilt, regret, and shame are common emotions experienced after a personal or collective loss or traumatic event. These unique and complicated components are often a challenge to work with as they are regularly integrated with the already complex grieving process. At times, guilt, regret, and shame are ways in which a client maintains a sense of connection to the lost loved one, hence making the relinquishment of those feelings even more difficult to navigate in treatment. This training will assist your work to aid clients managing the “should’s” and “if only’s” of regret, end self-blame and shame, and overcome the profound sense of survivor’s guilt they may feel because loved ones succumbed to collective losses.

Target Audience

Psychologists
Therapists
Social Workers
Psychiatrists
Counselors
Nurses
Course level: Intermediate

Learning Objectives

- At the end of this seminar, participants will be able to:
- 1. Describe the relationship between guilt, shame, and regret and the well-being of bereaved persons.
 - 2. Utilize interventions to enhance self-awareness and management of painful thoughts and emotions that may hinder grieving clients’ healing process
 - 3. Identify self-compassion interventions to build shame resiliency with clients
 - 4. Identify four interventions for guilt and regret.
 - 5. Identify three areas for post-traumatic growth.

Seminar Schedule

The webinar outline is attached. See the Live Webinar page for the start and end times.

Outline

10-12:00pm

Define stigma, guilt, regret, and shame

Examine the multiple categories of guilt

Address survivors’ guilt with collective losses

Addressing the “should’s” and “if only’s” of guilt and regret

Interventions to address guilt, shame, and regret

Self-compassion interventions for shame resilience

Ways to improve resilience in the face of adversity

Our seminars are available in two formats. The first is a live, interactive webinar. If the webinar time is not convenient for you, you can purchase the Home Study version. It is a recorded version of the webinar. You will have to pass a test to earn CE's for both the live webinar and the Home Study version.

Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times.. Participants will earn 3 CE's for attending once they have completed these requirements.

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The Presenter

Christina Zampitella Psy.D., FT is a licensed clinical psychologist, Fellow of Thanatology, and founder and owner of The Center for Grief and Trauma Therapy. She often works as an adjunct professor and professional speaker, and especially enjoys training emerging mental health professionals. Dr. Zampitella is the host of her podcast, Phoenix Rising with Dr. Z. She focuses her clinical practice, research, course development, and teaching on bereavement studies, spirituality, nature-based therapy, and integrative psychology. She served as the chair for the Continuing Education Committee for several professional institutions and is an advisory board member of the Tragedy Assistance Program for Survivors (TAPS). She is the former resident psychologist for Fox 5 News in San Diego, and often appeared on NBC News. She has been featured in Elle Magazine, BuzzFeed, The Huffington Post, New York Post, and several Delaware Magazines and newspapers. Dr. Zampitella happily lives with her husband, three-bonus sons, and three cats in Delaware.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

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