

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

Guilt, regret, and shame frequently emerge in the aftermath of both personal and collective loss, often complicating the grieving process. These emotions can be especially difficult to address, as they may serve as a perceived connection to the deceased, making clients reluctant to release them. In this presentation, participants will explore how these emotions manifest in grief, particularly in the context of death, loss, trauma, and collective loss. We will examine how "shoulds" and "if onlys" can reinforce cycles of self-blame, shame, and survivor's guilt. Through case examples and practical interventions, attendees will gain tools to help clients process these challenging emotions, shift unhelpful narratives, and find healing pathways that honor both the grief and the self.

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

10-10:30

Session 1: Foundations of Emotional Experience

- Defining Stigma, Guilt, Regret, and Shame
- Exploring the Various Categories of Guilt

10:30-11:00

Session 2: Collective Loss and Survivor's Guilt

- Understanding Survivor's Guilt in the Context of Collective Losses
- Navigating the "Shoulds" and "If Onlys" of Guilt and Regret

11:00 - 11:30:

Session 3: Practical Tools for Healing

- Clinical Interventions to Address Guilt, Shame, and Regret
- Cultivating Shame Resilience through Self-Compassion

11:30-12:00

Session 4: Building Forward

- Strategies to Foster Resilience in the Face of Adversity

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The Presenter

Christina Zampitella, Psy.D., FT is a licensed clinical psychologist, Fellow in Thanatology, and founder of the Center for Grief and Trauma Therapy. She serves as an adjunct professor and international professional speaker, with a particular passion for training and mentoring emerging mental health professionals. Dr. Zampitella is also the host of her podcast Phoenix Rising with Dr. Z.

Her clinical practice, research, course development, and teaching focus on bereavement studies, meaning reconstruction, nature-based therapy, and integrative psychology. She has served as Chair of the Continuing Education Committee for multiple professional organizations and is a faculty member at the Portland Institute for Loss and Transition, where she holds certifications in grief therapy through meaning reconstruction as well as in non-death losses within the meaning reconstruction framework.

Dr. Zampitella previously served as the resident psychologist for Channel 5 News in San Diego and has appeared on NBC News in both California and Delaware. Her work has been featured in Elle Magazine, BuzzFeed, The Huffington Post, The New York Post, and several Delaware publications.

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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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