

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 Social Workers Counselors
Therapists Psychiatrists 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

10-10:45 AM ET

Session 1: Foundations of Emotional Experience

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

10:45-11:30

Session 2: Collective Loss and Survivor’s Guilt

- Understanding Survivor’s Guilt in the Context of Collective Losses

Break 11:30-45

- Navigating the “Shoulds” and “If Onlys” of Guilt and Regret

11:45 - 12:30

Session 3: Practical Tools for Healing

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

12:30--1:15

Session 4: Building Forward

- Strategies to Foster Resilience in the Face of Adversity

End 1:15 PM ET

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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, 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, 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) and the Integrative Psychology Program at National University. She is the former resident psychologist for Fox 5 News in San Diego, and often appeared on NBC News. She has appeared in Elle Magazine, BuzzFeed, The Huffington Post, New York Post, and several Delaware Magazines and newspapers 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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