

## **AGENDA**

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

**Christina Zampitella, Psy.D., FT**

**Note: All times are Pacific Time**

**12:00 – 12:10: Welcome and introduction**

**12:10-12:40: Definitions of guilt, regret, and shame**

**12:40 – 1:10: Survivors' guilt**

- Surviving COVID: An example of Survivors' guilt

**1:10-1:30 Interventions – Part I**

- Addressing If-Only's and Should's
- Mindfulness
- Self-compassion

**1:30 – 1:45: Morning Break**

**1:45 – 3:00: Interventions - Part II**

- Interventions for guilt and regret
- Interventions for shame
- Self-forgiveness
- Forgiving others
- Self-care

**3:00-3:15: Developing your own self-care wellness wheel**