

## **AGENDA**

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

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**Note: All times are Pacific Time**

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

**10:10-10:30: Definitions of guilt, regret, and shame**

**10:30 – 11:10: Survivors' guilt**

- Surviving COVID: An example of Survivors' guilt

**11:10-11:30 Interventions – Part I**

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

**11:30 – 11:45: Morning Break**

**11:45 – 1:00: Interventions - Part II**

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

**1:00-1:15: Developing your own self-care wellness wheel**