

AGENDA

Guilt, Regret, and Shame: Interventions for Today's Grieving Clients Christina Zampitella, Psy.D., FT

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**