

## Alba Payàs Puigarnau

### **Guilt in Bereavement: Function and Therapeutic Intervention**

Although Guilt is a common feeling in the grief experience, therapist often find difficult to differentiate between the constructive adaptive response form the destructive that can lead to a complicated grief. In this seminar we will differentiate four types of guilt most frequently experienced after the loss of a loved one, describing its principal constitutive components and its function, proposing to differentiate three levels of intervention depending on the complexity of its presentation.

Guilt is an irrational feeling and clients usually respond poorly to the attempts of the therapist that they “stop thinking about that issue” or that they “stay in the positive memories”. These empathic failures still quite common in bereavement psychotherapy, often increase the feeling of inadequacy of the clients, reflect a lack of understanding of the dynamic of guilt as a necessary adaptative process.

In this seminar we will learn how to use guilt as a door to the intrapsychic experience of the client, and we will describe a semi structured intervention based in mindfulness, integrative meaning making, and relational approaches. The seminar will include some practical exercises and video examples.



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Psychotherapist and bereavement Counselor. Alba has 25 years of experience in clinical practice with bereaved individuals and families. Founder of the IPIR model of intervention in loss and bereavement. Author of *Las tareas del duelo* (Paidós, 2010), *El mensaje de las lágrimas* (Paidós, 2014) and other scientific articles. Member of the Association of Death Education and Counseling (ADEC) and Certified member of the International Integrative Psychotherapy Association (IIPA). At present she is the Director of the Instituto-

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