

Program for Professionals:

GUILT AND SUICIDE GRIEF: SUPPORT CLIENTS

Presented by Rebecca Sanford, PhD, RCSW, RCC



Tuesday, February 24, 2026 | 8am(PT)/ 9am(MT)/ 10am(CT)/ 11am(ET)

Virtual Program

A special presentation for Hospice Professionals, Clergy, Law Enforcement, First Responders, Victim's Advocates, Therapists/Counselors, Volunteers, Companions, Death Doulas, Death Care Professionals.

About:

After a suicide death, people left behind commonly question what they did or didn't do, what was said or left unsaid, and what they might have missed. In retracing the steps and trying to make sense of what has happened, many people who have lost someone to suicide experience feelings of responsibility and guilt. Guilt can contribute to self-loathing and self-punishment, which makes a difficult journey even more painful. Further, guilt often becomes a catchall for any negative feelings one has about themselves as it relates to the loss, which can complicate the therapeutic process of healing after traumatic loss.

While research indicates that guilt is connected to negative outcomes in bereavement, there are few recorded interventions to support professionals in addressing bereavement related guilt in practice. This presentation aims to provide professionals with information and resources for supporting clients experiencing guilt after losing someone to suicide.

The session will cover:

- What guilt is and is not
- Common sources of guilt in suicide bereavement
- The impact of guilt on the grief process
- Resources, interventions, and strategies for supporting grievers in developing an expanded understanding of and relationship to the guilt

Register for Program:

Scan



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