

**Regret:
The Unlikely Pathway to Renaissance,
Resilience and Flourishing**

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ABSTRACT

Regret, a complex and multifaceted emotion, is frequently encountered in the realm of mental health treatment. No doubt, regret plays a pivotal role as both a catalyst for psychological crises and a significant barrier to healing and the search for meaning.

Recognizing regret as an essential element of the healing process necessitates its integration into therapeutic interventions. This paper discusses the spiritual and theological dimensions of regret and examines how both classical and contemporary spiritual practices can be effectively employed to navigate this challenging emotion.

In addition, a central focus of this project is the utilization of Acceptance and Commitment Therapy (ACT) by chaplains within integrated mental health teams to address regret. This highlights the unique role and contributions of trained chaplains in using regret as a transformative tool, thereby facilitating pathways to personal flourishing and deeper meaning-making.

The study suggests that the focus on ACT by chaplains not only complements the multifaceted efforts of the clinical team but also fosters a more concentrated therapeutic engagement and a more comprehensive treatment. Consequently, this leads to a better patient care experience. Through the lens of ACT and the proactive involvement of chaplains, this research highlights the potential for regret to serve as a catalyst for positive therapeutic outcomes and the promotion of long-term spiritual and mental well-being.