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/24-7PressRelease/ - PITTSBURGH, PA, March 29, 2008 - The life cycle is full of joy and accomplishment--birth, first steps, school, graduations, work, marriage, raising a family, retirement. Or so we believe it should be.

What happens when loss and grief interrupt the natural flow of life? When family, friends, or significant people in our lives die?

"Life's assumptions and expectations suddenly dissolve," says professional counselor Judith Gusky. "What was meaningful yesterday, is a painful emptiness today. Life is turned upside down, unanchored, out of balance. Anger, denial, deep sadness, regret, guilt, even depression and anxiety can overwhelm and keep us stuck, with no relief in sight."

"Often, we can feel like an outsider in our own homes, our workplaces, our religious congregations, among friends, neighbors, and just about anywhere," she adds. To help these individuals who are struggling with their grief, Judith offers a full-time counseling practice.

Judith specializes in working with clients who face mental health challenges while dealing with life-altering issues, including, but not limited to:

Loss and Grief

Psychotherapy and Aging

End-of-Life Counseling

Cancer Diagnosis and Treatment

Counseling for the Caretaker

Pregnancy Loss

Adults Who Have Lost a Parent as a Child

In addition, Judith works with clients experiencing depression, anxiety, and other mood disorders.

As an added—and very welcomed and rare service these days--she even makes house calls.

"My counseling services include working with individuals of all ages, couples, families, and groups," says Judith. "I will also conduct sessions when needed in client's homes, hospital and nursing home, the workplace, or schools, within a 25 mile radius in the Pittsburgh area."

Judith specializes in grief and loss confronting the elderly, the chronically and terminally ill, and their families, friends, and caretakers. However, Judith's interests also extend to counseling women diagnosed with breast cancer, couples experiencing a late-term pregnancy loss, and adults who have experience the loss of a parent as a child.

"I will work with you at your own pace," says Judith, "to help you establish a sense of balance, find new meaning, and re-integrate with life."

Judith Gusky comes with outstanding credentials. She received her MEd in professional counseling from Youngstown State University in Ohio; a Doctor of Arts from Carnegie Mellon University; a Master of Arts from Albany State University in New York; and a Bachelor of Arts from Plattsburgh State University in New York. She is working toward licensure as a Licensed Professional Counselor (LPC) in Pennsylvania.

Judith came to counseling as a mid-life career change, having worked for a number of years in historic preservation and history education and later in corporate training.

Judith completed a doctoral degree in history at Carnegie-Mellon University. According to Judith, her doctoral work helped her "on coming understanding of her my own experience with grief".

"It was as a result of this work that I realized how deeply my life had been affected by loss and grief from an early age," says Judith. The outcome of her doctoral work was publication of a book by Syracuse University Press entitled, "Mother Don't Fore the Best:" Letters of a 19th-Century Orphan Asylum (1996).

Starting in 2004, Judith pursued the education, training, and credentials necessary for professional mental health counseling. Some of her keys to healing find their roots in her background in history.

"I ask clients to trust in the process," Judith says. Tell your story. Give yourself time to feel. Talk about the person. Find ways to commemorate the person. Recreate what is meaningful."

Judith can help you with these issues of loss or grieving. She can help those "on the outside looking in" to find new meaning in their lives.

For additional information, log on to her website at www.judithssite.com

or call Ms Judith Gusky to arrange for a free phone consultation, set-up an appointment, or arrange for a session at a home, hospital, nursing home, workplace, or school.

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