

Western Pennsylvania Guide to Good Health

Health News You and Your Family Can Use to Achieve Optimal Health

Pittsburgh Integrative Mental Health, LLC

Packaging Your Wellness Under One Roof

Judith Gusky, LPC, took a leap of faith in November of last year and put into motion a long-time dream. She shifted her mental health counseling practice to an integrative model providing both traditional and alternative therapies for better mental health. Along with the switch came a new business name: Pittsburgh Integrative Mental Health (PIMH).



Judith Gusky

Bodywork, Mindfulness and Meditation for Mental Health

Sometimes the best way into the emotions is through the body. Bodywork, such as CranioSacral Therapy, acupuncture, massage, Reiki, and variety of other techniques can open the door to past trauma, chronic depression, anxiety, and any number of emotional issues. Meditation practices also can help quiet the mind and relax the body enough to unearth the roots of deep emotional and psychic pain. Treatments offered include:

- Light-touch massage
- CranioSacral therapy
- Reiki
- Mindfulness practices
- Deep relaxation meditation
- Guided Imagery and Music (GIM)

Spirituality in Mental Health Counseling

Many of the experiences we have throughout life are not definable in rational terms. They may be moments of coincidence or serendipity or something more profound, such as a spiritual transformation. Society today tends to explain these things away as wishful thinking, exaggeration, or even mental illness. Spiritual exploration may be as important as delving into the psyche to resolve painful emotional problems. Religious beliefs need not be a barrier to this kind of soul searching. Experience can transcend beliefs without sacrificing the latter. It's just a matter of following your intuition and letting your inner voice come through. Issues and treatments include:

- Past life memories in children
- Past life regression for adults
- Extraordinary experiences after a loved one's death
- Embracing your psychic gifts
- Understanding spiritual emergence/emergency
- Coping after a Near-Death Experience (NDE)

Gusky no longer has to refer people out for many specialized treatments. PIMH services now include a broad range of options for treatment of mind, body, and spirit—all under one roof.

Although it is a client's choice to select his or her preferred treatment, Gusky encourages clients to consider the benefits of treatment from multiple perspectives.

PIMH's integrative approach includes:

- Mental health counseling for a range of psychological and emotional problems.
- Bodywork, music therapy, and meditation/mindfulness techniques for emotional healing, stress relief, and management of chronic conditions.
- Spiritual counseling for those experiencing a spiritual crisis, past life memories, psychic abilities, or extraordinary experiences that occur when a loved one has passed.

Mental Health Counseling

PIMH provides counseling and consultation on a range of mental health issues for individuals, couples, and families. GLBT clients are welcome.

- Grief
- Depression
- Relationship problems
- Pregnancy loss
- Anxiety
- Impulse control
- Early life loss/trauma
- Stress
- Caretaker stress
- Life transitions
- Seasonal depression
- Chronic illness/pain
- Aging
- End-of-life



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INTEGRATIVE
MENTAL HEALTH

An Integrative Treatment Case Study

A client comes to see a counselor after the sudden loss of a loved one. The client saw her partner gasping for his last breath and reaching out as if in anguish. She is still horrified. She regrets not having been able to save or comfort him. Her life now feels mechanical and without purpose. She is exhausted most of the time and continues to isolate herself. She worries about her health and her financial situation.

Grief is not mental illness. But it is deep mental, emotional, and physical suffering that lingers. In an integrative approach we consider three interrelated aspects of her story: 1) The horror and regret. 2) The absence of meaning and purpose. 3) Her physical exhaustion and health concerns.

The first issue is treated from a spiritual angle. "What did your partner's reaching out signify to you? Is it possible that he was reaching out to a vision of something before him and that the look was that of awe rather than anguish? The client's beliefs and experiences with matters of spirit are explored. She finds comfort.

The second aspect of her story is the absence of meaning and purpose in life. This is treated as an existential question, rather than a mental health concern. Meaning and purpose change with loss. Yet, there is something that we know deep within that has always had meaning; has always guided us. We explore the threads of her life and then consider how she may use what she discovers in a meaningful way. She finds hope and direction.

In the process of counseling and spiritual exploration, the client undergoes physical therapies and energy healing that relieve the sense of fatigue and heaviness that makes each day a burden. She begins to regain energy and a sense of peace. She feels more self-assured and less anxious about the future. It is these treatments that help release physical and energetic restrictions in her body brought on by emotional trauma. They contribute to the client's physical improvements and sense that she is perhaps her own best authority on healing and thriving. She finds renewed strength.



For more information, visit the website www.pimhservices.com or call (412) 687-1234.