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Dr. Michele Reiss to Speak at the Good Grief Center

January 19, 2011

Good Grief Center to host conversation with prominent local author Dr. Michele Reiss

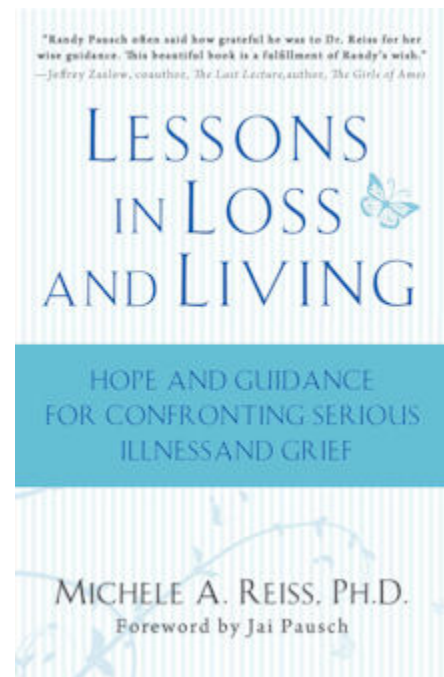
The [Good Grief Center for Bereavement Support](#) will host a special presentation on Jan. 24 by Dr. Michele Reiss, who recently gained notoriety as the psychotherapist who worked with Randy Pausch, author of “The Last Lecture,” and his wife Jai.

The free event, entitled Hot Cocoa and Warm Conversation with Michele A. Reiss, Ph.D., will be held from 3 to 4:30 p.m. at the Center, 2717 Murray Ave., Squirrel Hill.

Dr. Reiss will discuss the writing and purpose of her new book, “Lessons in Loss and Living: Hope and Guidance for Confronting Serious Illness and Grief,” published Nov. 2, 2010 by Hyperion Press. It includes a foreword by Jai Pausch.

A question and answer session plus a book signing will follow. A limited number of books will be available on-site; reserving copies in advance is recommended. Hot cocoa and cookies will be served.

In “Lessons in Loss and Living,” Dr. Reiss discusses the challenges of confronting a life-threatening illness or grieving the loss of a loved one, and offers both comfort and guidance along the way. By sharing true stories and professional experiences from her 30-plus years in the field of psychotherapy, she teaches about hope and the art of living and loving well despite significant adversity.



“The stories in my book are lessons not just for the seriously ill or newly bereaved, but they are gifts to the rest of us so that we don’t wait until a serious illness or loss of a loved one to find a way to live and love well,” Dr. Reiss noted.

“This book is also part of Randy and Jai Pausch’s legacy. After all, it was their idea. Randy chose to write about his experience in therapy with me not because he was a believer in therapy per se (in fact he wasn’t) but because he wanted to encourage others in similar circumstances to seek out extra help as needed,” she said.

Randy Pausch died of complications from pancreatic cancer on July 25, 2008 at the age of 47. His last lecture, delivered at Carnegie Mellon University on Sept. 18, 2007, became an Internet sensation viewed by millions, an international media story, and a best-selling book that has been published in 35 languages.

Dr. Reiss is Assistant Program Director/ Director of Behavioral Science for UPMC St Margaret’s Family Medicine Residency program in Pittsburgh, where she also maintains a private psychotherapy practice. She is an Adjunct Assistant Professor for the University of Pittsburgh’s School of Medicine and Graduate School of Nursing. A Pittsburgh resident, she has two grown children, both psychologists.

The Good Grief Center provides confidential support services and resources to individuals of all ages coping with the death of a loved one or companion animal. Services are provided free of charge and include compassionate listening, grief education, referrals to community resources, and access to a lending library of grief-related materials. Emotional support by staff and trained volunteers is available in person or by phone.

To attend the event, please call the Good Grief Center at 412-224-4700 or 1-888-GRIEF-88, or send e-mail to support@goodgriefcenter.com. Registration is required; space is limited. For more information on the Good Grief Center please, visit www.goodgriefcenter.com.