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Author to discuss grief

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Michele A. Reiss, the psychotherapist who worked with the late Randy Pausch, author of "The Last Lecture," will talk about her own book on serious illness and grief from 3 to 4:30 p.m. Monday at the Good Grief Center for Bereavement Support, 2717 Murray Ave., Squirrel Hill.

Her book, "Lessons in Loss and Living: Hope and Guidance for Confronting Serious Illness and Grief," discusses the challenges of confronting a life-threatening illness or grieving the loss of a loved one, and offers comfort and guidance along the way.

"This book is also part of Randy and Jai Pausch's legacy," Dr. Reiss said in a statement about Mr. Pausch, the Carnegie Mellon University professor who died of pancreatic cancer in 2008, and his widow.

"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.

An assistant program director and director of Behavioral Science for UPMC St. Margaret's Family Medicine Residency program in Pittsburgh, Dr. Reiss also maintains a private psychotherapy practice.

After Dr. Reiss discusses her book, there will be a question-and-answer session and book signing. Hot chocolate and cookies will be served.

Event is free, but registration required: Call 412-224-4700 or send an e-mail to support@goodgriefcenter.com.

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