cg *therapy* · THERAPY FOR LIFE'S TRANSITIONS

Online therapy for grief, caregiving & life transitions

Casey Ginsberg, LMSW · 10+ years as a hospice social worker and bereavement coordinator · Serving clients in **Michigan and Florida**

Who I help

Older teens and adults who are carrying a lot during a hard season, including:

- Grief and loss, including anticipatory grief and losses others may not see
- Caregiver stress and burnout
- Serious illness, aging, and decline in the family
- Divorce and relationship changes
- New parenthood and changing family roles
- Career transitions and identity, including men stepping away from roles that defined them
- Anxiety and overwhelm during major life changes

Why refer to me

I know hospice and palliative care from the inside. I understand what patients and families face before and after a loss, and I can continue support after bereavement services end.

My approach is warm and collaborative, drawing on ACT, CBT, Interpersonal Therapy, and person-centered therapy.

For employers & HR

I offer talks for teams and managers on supporting grieving and caregiving employees. Contact me to discuss.

Logistics

Format: Secure online sessions, individual therapy only

Where: Clients located in Michigan or Florida

Insurance: Accepted through Headway; coverage varies by plan

Self-pay: $175 per session

First step: Free 15-minute consultation

How to refer

Have the client call or text:

(248) 285-9873

Email: casey@cgtherapymi.com

Website: cgtherapymi.com

Clients can also check insurance and book directly through my Headway profile.

In crisis? Call or text 988.