

# Mary Beth McGuinn LCSW to be Featured on CUTV News Radio

RAMSEY, NEW JERSEY, UNITED STATES, August 15, 2018 /EINPresswire.com/ -- Mary Beth McGuinn, LCSW is a seasoned therapist and a go-to person when working with clients going through transitions in their lives. Worry, depression and anxiety are often a consequence of not feeling confident when changes arise. Feeling disconnected from life, people often feel powerless to make the right decisions. McGuinn, LCSW uses her expertise from 20 years in a therapeutic practice to guide clients to be able to manage their lives, have less anxiety and be more confident. Mastering techniques to take things down a notch, clients leave sessions with less tension and more hope for resolving what is on their minds.

“My focus in therapy and coaching with clients is to help them be the best they can be and shift from being a victim to being a victor,” says McGuinn.



“It is not about looking at someone and saying what is wrong with this person,” says McGuinn. “I look at clients I work with and wonder, ‘What has kept them stuck in life? I explore this with my clients in therapy and help them get clear on where they are going. I am a life-long learner, always learning new information to bring to my clients from Neuroscience to Energy Psychology.”

Pairing Energy Psychology, EFT Tapping with traditional therapy and coaching, McGuinn’s integrative approach allows clients to not only clear negative thoughts but help ease tensions in your body. Her eclectic approach draws from Psychoanalysis, Cognitive Behavioral Therapy and Grief Recovery Work.

In addition to receiving Advance Standing at Adelphi University, she has done post graduate work at the New Jersey Institute for Training in Psychoanalysis and a certification from the Grief Recovery Institute. She co-authored with Jack Canfield a recent bestselling book titled the Road to Success Volume 1.

She works in Ramsey, New Jersey and can be found on the therapist directory of PsychologyToday.com.

CUTV News Radio will feature Mary Beth McGuinn in an interview with Jim Masters on August

16th at 3pm EDT.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389

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