

## **Gabrielle Kaminsky, PhD: Clinical Psychologist Committed to Connection, Growth, and Healing**

Empowering Individuals to Navigate Life's Challenges with Compassion and Insight



**New York City, New York Jan 9, 2025 ([IssueWire.com](https://www.issuewire.com))** - Gabrielle Kaminsky, PhD, a licensed clinical psychologist, is excited to announce the launch of **Empowered Living Psychotherapy**, a private practice based in Chicago, Illinois, offering a comprehensive range of therapeutic services to individuals and couples. The practice is dedicated to addressing a wide array of mental health concerns and helping clients navigate life's challenges with greater insight, empowerment, and fulfillment. Additionally, Dr. Kaminsky was recently selected as a Top Clinical Psychologist by Findatopdoc.com for excellence in medicine for the 2023-2024 year.

As the founder and clinical director, Dr. Kaminsky brings a wealth of expertise in treating conditions such as anxiety, depression, trauma, eating disorders, ADHD, obsessive behaviors, substance abuse, family conflict, relationship struggles, sexual concerns, and life transitions. She is deeply committed to not only helping clients overcome obstacles but also to fostering meaningful connections, nurturing personal growth, and developing lasting pathways toward well-being.

Dr. Kaminsky's extensive academic background provides her with a solid foundation in counseling and psychology. She earned her Master of Science in Counseling and Mental Health Services from the University of Pennsylvania in 2014, followed by a Master of Philosophy in Professional Counseling in 2015. She completed her Doctor of Philosophy in Counseling Psychology at the University of Denver in 2020. This rigorous training, combined with her clinical experience, deepens her ability to understand and support the unique experiences of each client.

At the heart of Dr. Kaminsky's practice is a belief in the intrinsic human need for connection, recognition, and understanding. Her approach is dynamic, relational, and collaborative, working alongside clients to explore how early life experiences shape their current thoughts, behaviors, and emotions. Through this partnership, Dr. Kaminsky fosters a strong therapeutic alliance, guiding individuals toward self-discovery, healing, and lasting transformation. Her training in couples work is based on The Gottman Method and specializes in pre-marital counseling, adjusting to parenthood, navigating infidelity, gaining communication skills, and improving sexual relationships.

Dr. Kaminsky's practice is also grounded in a social justice, sex-positive, and anti-oppressive framework, recognizing the significant impact of systemic power dynamics on individual experiences. This perspective allows her to address the unique challenges her clients face, ensuring that each person is supported in the full complexity of their identity and life circumstances.

Understanding the apprehension that often accompanies seeking mental health support, Dr. Kaminsky is committed to creating a safe, empathetic, and nonjudgmental therapeutic environment. Her approach empowers clients to embark on their healing journeys with confidence, resilience, and a sense of agency, knowing they are supported every step of the way.

#### **Learn More about Dr. Gabrielle Kaminsky:**

Through her FindaTopDoc profile: <https://www.findatopdoc.com/doctor/84002279-Gabrielle-Kaminsky-Psychologist>

#### **About FindaTopDoc.com**

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Source : Dr. Gabrielle Kaminsky

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