

# Anxiety

Most people experience anxiety at some point in their lives. For example, it's common to experience anxiety if we are adjusting to a new job, relocating to a new town, or beginning a new relationship. However, anxiety becomes problematic if it reaches the point of affecting our daily functioning.

If left untreated anxiety can be a debilitating disease and can manifest in many ways, including fear of speaking in front of groups, excessive worrying about places, people, or events, or anxiousness following a traumatic situation or event. Some people experience panic attacks, a disabling and overwhelming feeling that includes symptoms of anxiety, when a situation feels out of control.

According to Edmund J. Bourne, Ph.D., author of *The Anxiety and Phobia Workbook* (3rd edition) (2000), anxiety is often recognized in the following forms:

## **Physically**

Shallow breathing, muscle tension, cumulative stress, poor/inadequate diet, lack of regular exercise.

## **Emotionally**

Suppressed feelings, especially anger.

## **Behaviorally**

Avoidance of feared situations, fighting against anxiety or panic, focusing upon symptoms of anxiety or panic when they occur.

## **Mentally**

Negative self-talk (e.g., “what if...I should...I have to...I must.”)

## **Interpersonally**

Poor skills leading to frustration and a lack of adequate social support.

## **Whole Self**

Low self-esteem, which can lead to insecurity, shame, and feelings of inadequacy.

## **Spiritually**

Emptiness, lack of direction or meaning in life.

Whatever the cause, it's important to note that there is help for people struggling with anxiety.

Anxiety is a treatable illness, though only a trained healthcare professional such as a therapist or doctor can accurately diagnose the condition. Behavioral health therapists are trained to treat anxiety disorders and reduce symptoms of anxiety to help individuals get back on track and improve quality of life.

A referral for medication helps many to take the edge off while dealing with difficult issues in the scope of talk therapy.

If you feel you are experiencing anxiety and may be interested in a treatment consultation, please call us today.

We look forward to working with you and helping you live a lifestyle free from anxiety.

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## GARY BREUER, MA, LPC



My private practice is located in North Scottsdale, within the offices of PsychArizona. I work with children (ages 6 and older), pre-teens, adolescents and adults. I work with individuals, couples and families with issues of anxiety, depression, trauma, grief and loss, career, academic and workplace issues, relationship issues, LGBT concerns, personal growth and spirituality.

I use various therapeutic approaches depending on the needs of the client. These approaches include developmental, humanistic, cognitive-behavioral, existential, family-systems, mindfulness-based, transpersonal, and EMDR (Eye Movement Desensitization and Reprocessing). EMDR is a model used for the treatment of trauma, and has also been found to be successful in the treatment of various other disorders as well.

I have experience providing professional counseling in clinical, business, and school settings.

Apart from my private practice, I am also a Reiki Master and have a great appreciation and respect for alternative as well as conventional treatment approaches.

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