

Choosing a Male or Female Therapist

This is a very important question and one that we are asked often. There is no hard and fast rule on this and depends largely on the individual seeking therapy as well as the reason he or she is seeking therapy.

First and foremost, a therapist (whether it be male or female) should be someone you can feel comfortable with and can open up to. If you feel you cannot open up to a female at all, it may be best to select a male therapist.

At times, however, it is important to move out of one's comfort zone. If a male is having difficulty relating to females in his life, it can be very therapeutic for him to address these issues with a female therapist who can provide feedback from a female perspective.

For very complicated issues, such as abuse, it is very important that the correct therapist be selected, so that a strong, trusting therapeutic bond is created as early as possible.

It is important to keep in mind that it usually takes a handful of sessions for a therapeutic relationship to build and to feel you can trust the therapist. If you feel that you are not getting the kind of results you hoped for, it is important to discuss this with the therapist so that you will be on the same page and treatment goals can be discussed. If it not a good match, the therapist can refer you to someone who can better meet your needs. Don't be afraid that you will offend the therapist.

If you are looking to initiate therapy and don't know who might be best for you, a phone call or an email to a professional to inquire who might be best can be an appropriate first step. Most professionals would be happy to assist you in selecting the appropriate therapist, even if you don't elect to see that particular therapist.

At our office, we pride ourselves on client satisfaction and would be happy to guide you in making the best decision when it comes to your mental health care.

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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