

Common Misconceptions About Psychotherapy

In our work, we frequently hear many mistruths about the field of therapy and what therapists do and the people they see. As with any field, it is important to help educate the public in order for people to have the ability to make an informed decision about their care.

Below are a few common misconceptions about therapy.

First, it is oftentimes assumed that psychotherapists work only with people who are mentally ill or "crazy." While therapists work with people who are experiencing significant mental health issues, therapists work very often with people who are experiencing every day stressors and are looking to learn and implement new coping strategies to deal with their problems. Therapists also work with loved ones or family members of people afflicted with mental illness to assist them with coping.

A second misconception is that the problem is all "in the person's head". Well-trained therapists have the ability to assess the context of the problem, as well as its origin. Oftentimes, the problem isn't just between the person's two ears, but a systemic problem that might be occurring in one's family, relationships, or support network. The therapist thus helps the person navigate through change, and may even work with the system of persons to initiate change.

A third common misconception is that the therapist will make one's problems go away. This is true only to the extent that the client is able or motivated to make change. Therapists help clients to understand their issues more fully and oftentimes help to change their thought and behavior patterns in order to begin to feel better.

It is very important to know that this is a process, not a quick fix. Therapy is hard work, just as it is hard work to condition one's body physically, it will take effort and motivation to make changes for optimal mental health. Therapy helps clients to peel away the layers that have gotten in the way of the client fully realizing themselves or a solution to their problem or concern.

Should you have any concerns about the process of therapy, what to expect or don't know where to turn, allow our team of professionals to answer any questions you may have.

Our goal is to ensure that you make an informed decision about the care you and your family receive.

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.

9915 East Bell Road - Suite 140 - Scottsdale, AZ 85260 - (480) 758-2552