

Depression

Depression can manifest in many forms. People may become depressed as a result of life-changing events such as divorce, job loss, death of a loved one, a move, or a fight with a friend or family member. Depression can also manifest biochemically as a result of an imbalance of chemicals in the brain. Sometimes people report they feel depressed for reasons they can't pinpoint.

Symptoms of depression can cause difficulty in one's ability to function in different areas of life (social, occupational, for example).

Whatever the cause for depression, it's important to note that depression is a treatable medical illness. Only a trained healthcare professional such as a therapist or doctor can diagnose and treat depression.

If you feel you are experiencing depression or may benefit from working with a trained therapist, don't hesitate to call on us today.

We look forward to working with you and guiding you on the road to recovery.

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