

# Help for Blended Families

Today many families live in what are known as "blended families". Blended families are homes in which spouses or partners form a new home together along with their children from previous marriages or relationships.

It is very common in such households for tension between adults, between children, and between adults and children due to the fact that most were used to a prior living arrangement and adjustment is very difficult. This adjustment is especially difficult for children, who oftentimes do not have much choice in the matter.

Common issues within blended families:

- Parenting differences
- Different rules to be followed or different responsibilities in different homes
- Rivalry between step-children
- Power struggles between children and step-parents
- Difficulty with adjustment to lack of compromise within new households
- Lack of willingness to change

Marriage and family therapy can be very effective in helping a family work through difficult blended-family issues. By helping meet the needs of both the family and the individuals, therapy will help to reduce tension in the home and help to foster effective communication and respect between family members, and in turn, instill a sense of harmony in the new home.

It is a good idea to seek help at any stage, but most effective when problems first arise.

If you live in a blended family and feel that family therapy may be helpful, don't hesitate to call on us today. We look forward to working with you.

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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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