

Help for a Loved One's Drinking

Many family members struggle with the concern that a loved one may be suffering with an alcohol or drug addiction. Abuse or addiction can take many forms, including alcohol, illegal drugs, prescription medication, and tobacco.

Chemical makeup can make people more susceptible to becoming addicted to a substance (for example, if there is a family history of abuse or dependence). Others may form an addiction as a means of dealing with complicated life stressors such as problems on the job, marital or relationship problems, or the death of a loved one.

It's important to note that alcohol and drug dependence is a serious disease and should be treated as such. Therefore, only a qualified healthcare professional should assess the severity of the problem in order to ensure the person is connected with the proper level of care.

There are varying levels of treatment available for individuals struggling with substance abuse; most are covered under major insurance plans.

Please contact us today if you have any concerns about a loved one struggling with substance abuse.

We will ensure they get the help they need as well as be able to assist other family members affected by the problem.

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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