

Mental Health Stigma

For many years, mental illness had a negative stigma associated with it which can still be present in our culture. However, this stigma has become less present over the years as mental health issues have begun to be given the same attention as physical illnesses. Further, it is common for people to encounter mental health issues throughout the course of their lives.

The good news is that mental illnesses are treatable. Psychotherapy is not only provided for people struggling with serious mental health issues but also for people struggling with adjustments with normal day-to-day struggles.

Reaching out is a real sign of strength as this demonstrates awareness that there is a problem going on in one's life.

Reaching out for help, as opposed to abusing alcohol, drugs or gambling, is a proactive measure to getting back on track and living a healthy and productive life.

You owe it to yourself!

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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