

Overspending

People deal with stress in different ways. Many people cope with stress in unhealthy ways such as overspending, overeating, using alcohol or drugs, or being aggressive. Others may proactively take care of themselves through proper diet and exercise, as well as taking part in healthy relationships and effective communication.

What also should be determined, however, is the extent of spending. A professional assessment would determine whether or not an addiction is present.

Overspending can be highly destructive, not only to your credit but to your relationships, and cause guilt and other emotional hardships.

It's vital to uncover the underlying problem that is contributing to the habit of overspending.

You should also consider professional intervention to accurately assist you in this endeavor.

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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