

Self-Help Resources

As therapists, we often refer clients to additional resources that may be of assistance to them.

Family Therapy Magazine (November/December 2007) shared a very comprehensive list of self-help resources for many different issues.

We thought it would be helpful to share those as well as some additional resources with you here.

aids.org	http://www.aids.org
Al-Anon Family Groups	http://www.al-anon.alateen.org
Alcoholics Anonymous	http://www.aa.org
Alzheimer's Association	http://www.alz.org
American Pain Foundation	http://www.painfoundation.org
Leonard Ingram's angermgmt.com	http://www.angermgmt.com
Anxiety and Depression Association of America	http://www.adaa.org
Autism Society	http://www.autism-society.org
BP Kids – For Bipolar Kids and Adults Who Need to Lose Weight	http://www.bpkids.org
Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)	http://www.chadd.org
Cocaine Anonymous World Services	https://ca.org
Depression and Bipolar Support Alliance	http://www.dbsalliance.org
Epilepsy Foundation	http://www.efa.org
National Federation of Families for Children's Mental Health	http://www.ffcmh.org
Mental Health America	http://www.mentalhealthamerica.net
Narcotics Anonymous World Services	http://www.na.org
National Alliance On Mental Illness	http://www.nami.org
National Association of Anorexia Nervosa and Associated Disorders	http://www.anad.org
Caregiver Action Network	http://caregiveraction.org
National Hospice and Palliative Care Organization	http://www.nhpco.org

National Mental Health Consumers' Self-Help Clearinghouse	http://www.mhselfhelp.org
National Parkinson Foundation	http://www.parkinson.org
National Stroke Association	http://www.stroke.org
North American Council on Adoptable Children	http://www.nacac.org
International OCD Foundation	https://iocdf.org/
Love and Logic Institute Inc. – Positive Parenting Solutions and Educational Resources	http://www.loveandlogic.com
Mentalhelp.net – Personality Disorders	https://www.mentalhelp.net/articles/personality-disorders
RAINN (Rape, Abuse & Incest National Network)	http://www.rainn.org
Recovery, Inc.	http://www.recovery-inc.org
American Foundation for Suicide Prevention	http://afsp.org
Tourette Association of America	https://www.tourette.org

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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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