

When is a Good Time to Seek Counseling?

People vary in their ability to cope with life's stressors, so the answer will vary from person to person. However, it's important to seek help as soon as you recognize you're experiencing problems, as it can become more difficult to deal with the problem if you're at the end of your rope.

Common reasons people seek counseling:

- Depression
- Anxiety
- Substance abuse (alcohol and/or other drugs including prescription drug abuse)
- Career or job dissatisfaction
- Academic concerns
- Marital or relationship issues
- Domestic violence
- Eating disorders
- Grief/loss of a loved one
- Adjustment issues/life transitions
- Parenting difficulties
- Problems within one's social network

Usually people seek counseling once they realize issues are impeding their ability to function in one or more areas. For example, marital stress or substance abuse issues can carry over into one's job and cause a loss of productivity or attendance. Conversely, issues at work often will spill over into one's relationships.

A trained therapist can thoroughly assess complicated issues, their effects, and to assist in creating an appropriate treatment plan geared toward problem resolution.

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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