

# Brian Gleason, MFT - Psychotherapist

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Hello and welcome! I am a psychotherapist in private practice, with offices in the West Hollywood and Pasadena areas. I specialize in working with gay and lesbian clients, and have more than 10 years experience working with issues of coming out, family, couples, recovery/addiction (all models), trauma, career, self improvement and spirituality, among other areas. I practice from a client-centered perspective, which essentially means that I maintain an attitude of curiosity and openness rather than one of diagnosis and "fixing the problem." I feel that people are essentially mentally healthy, but sometimes get caught in difficult transitions through various stages of life and need objective reflection and encouragement. I work with all age groups and ethnicities, and have no particular religious affiliation though am familiar with most of the primary spiritual practices and teachings. I have specialty practice areas in couples counseling, adult children of alcoholics, recovery and addiction, family dynamics, and depth psychology (Jung). I also practice group psychotherapy and support groups for coming out, HIV/AIDS, family issues, trauma and dreamwork. In addition, I also work with gay and lesbian youth, producing an annual benefit event entitled "Rise Up And Shout ([www.riseupandshout.org](http://www.riseupandshout.org))". This community based event mentors LGBT youth and helps provide scholarships for their artistic practices. I wish you all the best in your journey, and if we get a chance to meet, hope it will be a rewarding and enriching experience.

Specialization(s): recovery, couples, coming out

Rates: \$50 - \$100

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