

Brian Gleason, MFT - Psychotherapist



1615 North Laurel
West Hollywood, California 90046
United States

Phone: 323-848-7372

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)". 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

[**Email**](#)

[Tell a Friend](#)