

Why Therapy?

Therapy is a proven means of assisting people struggling with substance abuse and/or mental health disorders learn how to regain control of their lives and manage their difficulties successfully. Medication can be helpful- however, medication alone can limit the success in your recovery without the combined usage of psychotherapy. Psychotherapy is a way to discuss the emotions and reactions to these emotions that cause us strife. A therapist is bound by law to keep your information confidential. Presenting problems in life may be difficult to share with anyone due to the information being exposed to people you may not wish to know. If the issues are persistent and disrupting the quality of your life- it may be time to seek professional help.

Tampabay therapist

**8910 N. Dale Mabry Highway
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www.tampabaytherapist.com**

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**Psychotherapy, Alcohol/
Substance Abuse Counseling &
Marriage/Family therapy**

**Mahmoud Hassan,MS
Registered Mental Health
Therapist
IMH#5169**



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Therapy Services

Mental Health Issues

Is stress becoming unmanageable or extremely difficult? I have expertise to offer for a wide range of mental health disorders from *Depression, Bereavement (grief), Anxiety, relationship issues, anger management* among many other troubling issues. Therapy begins with a history gathering of your life; following this will be a "here and now" focus of what type of symptoms you are presenting with and how your thinking process may be swayed by the illness. Therapy will focus on cognitive processes that may perpetuate your illness as I can offer you a fresh new look on how to re-direct thinking in a positive and more productive manner. I believe in building a quality therapeutic relationship that recognizes you as a human being as opposed to a "case" or a "patient." I first offer you an educational component of the disorder and offer you a kind, listening ear with possible suggestions on how to improve your management of life under this/these condition(s). Individualized treatment is how I approach therapy based on YOUR specific needs utilizing proven therapeutic techniques. I believe every human being has the answer within themselves and the motivation to seek therapy is always an excellent first step.

What I can provide you...

How can I assist you with your needs? My therapy will concentrate on how negative thinking patterns may be leading you to unhealthy feelings. After a brief history gathering, therapy will focus on the "here and now" and how to effectively cope with life stressors in the future. Challenging these negative thought patterns by improving healthier "inner-dialogue" (self talk) is crucial. Positive thoughts will lead to healthy feelings and the beginning of an improvement to your overall mental health. You deserve a chance to allow yourself to be happy and feel good about life. Please visit www.tampabaytherapist.com for more information or call my office at **(813) 389-3930**.

My approach to counseling is interactive in style and based on the empathic response model, which emphasizes the importance of understanding and coming to terms with feelings. What I can offer you is more personalized care in therapy.

My philosophy of counseling is based on the belief that the client possesses the power to change, and that it is my role to help the client become aware of how to understand and utilize that power. I also employ techniques of cognitive-behavioral counseling, which may empower you to challenge your internal thinking process to motivate positive change in your life. This is a philosophy of empowerment--it accepts the client as the driving force in



change. I believe this approach brings about effective long-term results, for the reason that you may discover how to utilize your own inner strengths and gifts rather than having to rely on someone else for solutions to life's difficult issues.

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