



Dyanne Bresler, LCPC, RN

Dyanne Bresler is a Licensed Clinical Professional Counselor as well as a Board-Certified Psychiatric Nurse. She received her Master's Degree at Western Michigan University and has experience as a psychiatric nurse as well as being in private practice as a counselor.

Dyanne works primarily with adult men and women as well as teens and couples. She is certified in EMDR and has helped many clients recover from Post-Traumatic Stress Disorder. She is highly experienced in treating adults who suffer from addiction and emotional challenges such as anxiety, depression, issues related to grief/loss as well as relationship difficulties. She is a Certified Grief Counseling Specialist.

Trained in Imago Relationship Therapy, Dyanne says, "I believe that couples can step away from the edge of the cliff in a bad relationship if they are willing to do the work that it takes. When an unhappy couple can't quite see the light at the end of the tunnel, I believe enough for both of them until they can see it themselves."

"My clients and I create a working relationship. My job is to create an atmosphere that is safe. I may use humor, ask more questions, teach, make comments, offer homework and various experiential techniques. But always, the work is collaborative because I trust that every person has a unique capacity to draw on his or her own innate strengths."

Dyanne works collaboratively with physicians and other health care professionals, and strives to make the experience of psychotherapy one that creates hope, growth and life-affirming change.

In her spare time, Dyanne enjoys reading, gardening, baking, and spending time with her dog Cooper.

Contact Dyanne at: Dyanne@monarch-cc.com