



**Gwen Brehm, M.Ed., LPC, LMFT** (Stress Management and Self-Care). Ms. Brehm is a therapist in Houston specializing in mindfulness-based treatment, Dialectical Behavior Therapy, and Cognitive Behavior Therapy. Ms. Brehm's philosophy is that people should do more than just survive, they should thrive. She therefore implements Mind Body Medicine and mindfulness techniques in her treatment that not only increase the success of psychotherapy but help people move to a higher dimension of

growth and healing.

Ms. Brehm is the owner of the Center for Mind Body Health in Houston, Texas and an adjunct faculty member of the Department of Psychiatry at the University of Texas Medical Branch in Galveston. She is a frequent presenter and provides professional training to businesses, universities, and community organizations in the field of psychotherapy.