

Robert R. Gerl, PhD, DMin, LP, LPC, LMFT, LMSW, ABSNP, Psychologist

Get to know Psychologist Dr. Robert R. Gerl, who serves patients in Kalamazoo, Michigan.



New York City, New York Dec 15, 2023 ([IssueWire.com](https://www.IssueWire.com)) - Dr. Gerl, a Michigan-based psychologist specializing in mental health treatment, aids individuals in managing and coping with mental health challenges.

"My initial session is an opportunity for me to get to know the individual and for the individual to get to know me. I spend time getting to know the individual's family of origin, current struggles and what the individual would like to see improve in life. I am a good listener, I ask clarifying questions, I also am transparent and honest if there is something I do not think I can handle."

Providing individual, family, marriage, and couples counseling, Dr. Gerl employs diverse treatment approaches. These include eye movement desensitization and reprocessing (EMDR), family systems therapy, acceptance and commitment therapy, humanistic therapy, internal family systems therapy, interpersonal psychotherapy, narrative therapy, The Gottman Method, trauma-focused cognitive-behavioral therapy, solution-focused brief therapy, and cognitive-behavioral therapy (CBT).

His expertise spans various areas, including depression, anxiety, stress, relationship issues, loss/grief, borderline personality disorder, ADHD, attachment issues, bipolar disorder, chronic illness, codependency, LGBTQIA-related matters, life transitions, obsessive-compulsive disorder (OCD), personality disorders, post-traumatic stress disorder (PTSD), schizophrenia, sex addiction, as well as spirituality and religion-based concerns.

Academically, Dr. Gerl earned his Doctor of Ministry Degree from St Mary's Seminary & University in 1986, followed by his Bachelor of Arts Degree from Michigan State University in 1987.

Over the years, he achieved Diplomate Status through the American Board of School Neuropsychology, LLC (ABSNP) in 2001, obtained his Doctor of Philosophy Degree from Capella University in 2005, and holds a Master of Psychology Degree.

Throughout his diverse career, Dr. Gerl held roles such as Associate Professor at Nazareth College in Kalamazoo, Michigan (1985 - 1991), Academic Vice President at St. Catharine College (1991 - 1997), faculty positions at Davenport University (2005 - 2011), the University of Phoenix (2005 - 2012), and adjunct faculty at Spring Arbor University (2006 - 2012).

Continuously advancing his efforts, Dr. Gerl is an active member of various professional associations, including the American Psychological Association, the American Association for Marriage and Family Therapy, the American Mental Health Counselors Association, the American Board of Pediatric Neuropsychology, the Michigan Psychological Association, and the Michigan Counseling Association.

Psychology is the science of behavior and mind. It includes the study of conscious and unconscious phenomena, as well as feeling and thought. It is an academic discipline of immense scope. Psychologists assess, diagnose, and treat the psychological problems and behavioral dysfunctions resulting from, or related to, physical and mental health. In addition, they play a major role in the promotion of healthy behavior, preventing diseases and improving patients' quality of life.

Having always been a people person, Dr. Gerl has appreciated teachers, counselors, coaches who have guided and helped him. He wanted to emulate these professionals, having been attracted to analytical work and having found using these skills help him working with individuals, couples, and families.

Learn More about Dr. Robert R. Gerl:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/82708585-Robert-Gerl-Psychologist?zipcode=49024>

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