

Alan Brandis, PhD: A Dedicated Psychologist with Over 40 Years of Experience in Innovative Therapeutic Interventions

Transforming Lives Through Tailored Psychological Solutions in Marietta, Georgia



New York City, New York Oct 2, 2024 ([Issuewire.com](https://www.issuewire.com)) - A seasoned psychologist with over 40 years of experience, Dr. Brandis tends to patients at Atlanta Area Psychological Associates, P.C., located in Marietta, and in Roswell, Georgia.

With a specialization in treating adults, teens, children, couples, and families, he employs unique and effective interventions to address a wide range of psychological issues. He approaches therapy as a problem-solver, focusing on identifying the core aspects of each situation that maintain the problem. This method enables him to utilize brief interventions, often leading to rapid resolutions for his clients.

"Understanding the underlying processes that contribute to symptoms is essential," says Dr. Brandis. "Each individual and family is unique, which is why tailored interventions are crucial." Dr. Brandis also says that he often "reverse-engineers the problem," enabling him to understand how the problem emotions or behaviors are maintained, allowing him to design interventions to target them at their source, which is often the most effective approach.

Born in Chicago, he earned his Bachelor of Arts degree with Honors in Human Behavior from the prestigious University of Chicago before pursuing his Master of Arts and Ph.D. at the California School of Professional Psychology in Los Angeles. His rigorous training included psychological testing and assessment of children, teens and adults, and treatment for mood disorders. Notably, his dissertation focused on developing techniques that help parents manage anger towards their children through Neuro-Linguistic Programming.

In California, Dr. Brandis gained invaluable experience working with various inpatient and outpatient programs addressing alcohol and chemical dependency. He is particularly proud of creating "Serenity - A Recovery Game," an educational board game designed to teach recovery concepts. His diverse training includes Gestalt Therapy, Neuro-Linguistic Programming, and hypnosis, enhancing his ability to connect with clients at different levels.

Furthermore, he is passionate about working with children and teens, employing effective therapeutic techniques while assisting parents in managing behavioral challenges. His expertise extends to diagnosing and treating Attention-Deficit Hyperactivity Disorder (ADHD) through various approaches, including non-drug treatments like neurofeedback.

With a Diplomate designation from the American Academy of Pain Management, Dr. Brandis also addresses Chronic Pain Syndrome. His background as a Qualified Medical Evaluator for California's Workers' Compensation System solidifies his extensive knowledge in medical-legal assessments as well as treatment for disabling conditions.

Since relocating to the Atlanta area in 1995, he has been an integral part of the AAPA community, combining his professional knowledge with a passion for technology. He created and maintained the practice website, making it one of the first in Atlanta. Outside of his practice, he enjoys home remodeling, cycling, and hiking with his dog.

Learn More about Dr. Alan Brandis:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/2696012-Alan-Brandis->

[Psychologist](#) or through Atlanta Area Psychological Associates, P.C.,
<https://www.atlantapsych.com/bio/brandis>

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