



David D.W. Shumway, M.Ed., LPC, LISAC – Individual and Family Counseling, an experienced professional in private practice over 35 years, Mr. Shumway enjoys a varied practice. Utilizing cognitive behavioral techniques, he works to strengthen the individual and the family structure. He has developed a model for Disciplining Children and Adolescents, which he shares and teaches in therapy. He sees individuals experiencing depression, anxiety, and other personal challenges. He works well with adolescents and young adults and their parents facing critical crossroads. He also counsels couples working on their marriage as well as men and women who are starting over following divorce. He keeps abreast of the techniques useful in working with addictions and compulsions and works with individuals and families coping with alcohol or substance addiction and abuse.

In the Community, he has volunteered and helped organize addiction recovery efforts throughout his professional career. He serves on the Board of Directors of Community Bridges Incorporated, an organization that provides medical drug and alcohol detox services as well as transitional recovery services to many throughout our state and the nation who have limited financial resources.

He is in network with the following Behavioral Health plans: AETNA, BCBS PPO of Arizona, and most UHC employer-based United Health Care Choice Plans. He also sees patients on a self pay basis.

Appointments are scheduled by calling our office. Additional services include DUI Screenings. Payment for screenings must be cash and due at the time of service. Please ask if you have any other billing or insurance questions.

MESA COUNSELING CENTER

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