

Gilbert Counselors, LLC

Professional Counseling Services

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Informed Consent for Treatment Addendum

Cassie Duffy, LAC, NCC

Hi, I am Cassie Duffy! I am a Licensed Associate Counselor (LAC) contracted with Gilbert Counselors, LLC under the direct supervision of Julia Spain, LPC. I received a Master's of Science in Counseling from the University of Phoenix and board certification as a National Certified Counselor (NCC) from the National Board for Certified Counselors (NBCC). I am dedicated to helping individuals identify their strengths and develop the skills they need to live more balanced lives. I teach people how to manage their day-to-day stresses using mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness. I also help them restructure unbalanced core beliefs and process underlying trauma when needed. I provide counseling to individuals of all ages.