

# **Gilbert Counselors, LLC**

## **Professional Counseling Services**

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1425 W. Elliot Rd, Suite 201 \* Gilbert, AZ 85233 \* 480.225.2744

rashagardnercounseling@gmail.com

gilbertcounselors.com

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Informed Consent for Treatment Addendum

### **Rasha Gardner, MC Therapist, LAC, CCTP**

My name is Rasha Gardner. I am licensed associate counselor (LAC) contracted with Gilbert Counselors, LLC. I am under the direct supervision of Julia Spain LPC, as I work towards completing requirements to become an independently licensed therapist. I completed my master's in Professional Counseling from Grand Canyon University. I have a B.A. in Psychology from Arizona State University. I have advanced knowledge and skills in Play Therapy (birth to 5 trained), Dialectical Behavioral Therapy (DBT), and various trauma modalities. I am also a Certified Clinical Trauma Professional (CCTP) through the International Trauma Association.

I am dedicated to helping individuals meet their goals by examining the connection between how they think, feel (emotionally and physically), behave, and interact in their various environments. I facilitate growth and change in my clients by teaching mindfulness, cognitive restructuring, emotion regulation, distress tolerance, and interpersonal effectiveness, as well as processing underlying trauma when needed.

I provide counseling to individuals of all ages, couples, and families. In addition to the individual therapy sessions I provide, I also teach a weekly Mindfulness and Mediation class at Gilbert Counselors practice. I look forward to our work together!