

Gilbert Counselors, LLC

Professional Counseling Services

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Informed Consent for Treatment Addendum

Tatiana Daughtrey Coffman, Licensed Master Social Worker

My name is Tatiana Daughtrey Coffman. I am a Licensed Master Social Worker working under the direct supervision of Julia Spain, MC, LPC (602-697-1023) who is licensed by the state of Arizona Board of Behavioral Health Examiners and certified by the National Board of Certified Counselors. I have a Master of Social Work degree from Arizona State University and have worked in the healthcare field for over ten years. My area of specialization is in maternal mental health and I am also an International Board Certified Lactation Consultant (IBCLC). I utilize a strengths-based perspective in my work with clients and have a special interest in Dialectical Behavior Therapy (DBT). I help people meet their goals by examining the connection between how they think, feel (emotionally and physically), behave, and interact with their surroundings. I facilitate growth and change in my clients by teaching mindfulness, cognitive restructuring, emotion regulation, distress tolerance, and interpersonal effectiveness. I provide counseling to individuals and couples.

