

Gilbert Counselors, LLC

Professional Counseling Services

1425 W. Elliot Rd, Suite 201 * Gilbert, AZ 85233 * (480) 390-5411

lisamarie.higginson@gmail.com

gilbertcounselors.com

Informed Consent for Treatment Addendum

Lisa Higginson, MC Resident Therapist

My name is Lisa Higginson, and I am a MC Resident Therapist at Gilbert Counselors. I am under the direct supervision of Terri Roman, LPC, as I continue to work towards an associate license. I have completed my MS in Professional and Christian Counseling at Grand Canyon University. I have a B.A. in Psychology with a minor in Family and Human Development. I have worked in several roles serving Arizona's families and children since 2008. My desire is to help individuals be the best version of themselves.

I am continuing to advance my knowledge in Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT) and Mindfulness. I enjoy working with individuals of all ages, including couples and families. I have experience working with anxiety, depression, life adjustment issues and more. At Gilbert Counselors I am a meditation instructor for our Meditation and Mindfulness group.