

# **Gilbert Counselors, LLC**

## **Professional Counseling Services**

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### **Informed Consent for Treatment Addendum**

**Alana Inemer, MC Intern Therapist**

My name is Alana Inemer. I am a practicum intern level therapist from the University of Phoenix. I am contracted with Gilbert Counselors, LLC under the direct supervision of Julia Spain, LPC as I work towards completing the requirements to receive my Master of Counseling degree. I have a B.A. in Liberal Studies from the California State University of Northridge. I have advanced knowledge in education from elementary through high school. 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.