

# **Gilbert Counselors, LLC**

## **Professional Counseling Services**

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[gilbertcounselors.com](http://gilbertcounselors.com)

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

**Cassie Duffy, MC Intern Therapist**

My name is Cassie Duffy. 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 hold a B.S. in Psychology from the University of Phoenix and advanced knowledge in counseling related areas, i.e. Trauma Informed Care, Psychological First Aid, and Skills for Psychological Recovery. 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.