

Gilbert Counselors, LLC

Professional Counseling Services

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gilbertcounselors.com

Informed Consent for Treatment Addendum

Lisa Higginson, MC, LAC, Resident Therapist

Thank you for checking out Gilbert Counselors! My name is *Lisa*, and I am a licensed associate counselor (LAC) here in Arizona. I work with *individuals, couples or families* at any stage, and can help guide you or your loved ones through life's stressors. Whether it's *anxiety, depression or spiritual rejuvenation* via our Meditation and Mindfulness group, I can help.

As a resident therapist I specialize in *Cognitive Behavioral Therapy (CBT)*, and instruct weekly *Dialectical Behavioral Therapy (DBT)* and Mindfulness groups. I have served in several roles helping Arizona's families since 2008, have a bachelor's in Psychology with a minor in Family and Human Development as well as a master's in Professional and Christian Counseling from Grand Canyon University. I am under the direct supervision of Terri Roman, LPC.

My desire is to help individuals be the best version of themselves, and I look forward to working with you!