

Gilbert Counselors, LLC

Professional Counseling Services

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GilbertCounselors.com

Informed Consent for Treatment Addendum

Alana Inemer, MC Resident

My name is Alana Inemer. I am a Resident Therapist at Gilbert Counselors. I have a B.A. in Liberal Studies from the California State University of Northridge and a Master of Science in Counseling. 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.