

# Gilbert Counselors, LLC

## Professional Counseling Services

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1425 W. Elliot Rd, Suite 201 | Gilbert, AZ 85233 | 480.427.0332  
karenhenrycounseling@gmail.com  
gilbertcounselors.com

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

Karen Henry, MC Intern Therapist

My name is Karen Henry. I am a practicum intern level therapist completing a Master of Science in Professional Counseling from Grand Canyon University. I'm under the direct supervision of Terri Roman, LPC. I seek to help children and adults struggling with anxiety, depression, trauma, and difficult life situations. I currently am receiving extensive training in Dialectic Behavioral Therapy (DBT) through Gilbert Counselors. This treatment modality utilizes Cognitive Behavioral Therapy, mindfulness and emotional regulation techniques. My goal is to provide a supportive environment to clients where they feel heard as well as empower them with new skills to help them through difficulties. I facilitate growth and change in my clients by teaching cognitive restructuring, emotion regulation, distress tolerance and interpersonal effectiveness, as well as processing underlying trauma when needed.