

Gilbert Counselors, LLC

Professional Counseling Services

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GilbertCounselors.com

Informed Consent for Treatment Addendum

Lyn Hofmann, MC Intern Therapist

My name is Lyn Hofmann. I am an Intern Therapist at Gilbert Counselors. I am a practicum intern level therapist from Grand Canyon University. I am contracted with Gilbert Counselors, LLC under the direct supervision of Terri Roman, LPC as I work towards completing the requirements to receive my Masters of Professional Counseling degree. I have a B.A. in Psychology from Arizona State University. I have advanced knowledge in early childhood education. 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.