

Gilbert Counselors, LLC

Professional Counseling Services

1425 W. Elliot Rd, Suite 201 * Gilbert, AZ 85233 *

GilbertCounselors.com

Informed Consent for Treatment Addendum

Cally Skalko MEd., LAC Resident

My name is Cally Skalko. I am a Resident Therapist at Gilbert Counselors. I have a B.S. in Education and Psychology from Arizona State University and a Master of Science in Education in Community Counseling from Duquesne University (Pittsburgh, PA). I have advanced knowledge in education from birth 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, families and groups.