

Gilbert Counselors, LLC

Professional Counseling Services

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Informed Consent for Treatment Addendum

Shauna Brown MS, MA, NCC, LPC

Hello, my name is Shauna Brown and I am a Licensed Professional Counselor (LPC) through the AZ Board of Behavioral Health Examiners, and certified by the National Board of Certified Counselors. I have a master's degree in community counseling and a dual masters in Christian studies with emphasis in youth ministry and leadership. I have a special interest in Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy and supporting individuals in balancing their body, mind and spirit. I facilitate growth and change in my clients by teaching mindfulness, cognitive restructuring, emotion regulation, distress tolerance, and interpersonal effectiveness. I provide counseling to individuals of all ages, couples, and families.