

# **Gilbert Counselors, LLC**

## **Professional Counseling Services**

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

602.831.2165 | libbiehenrie@gmail.com

gilbertcounselors.com

---

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

*Libbie Henrie, MC Intern Therapist*

Hello! My name is Libbie Henrie, and 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 Master of Counseling degree.

I am dedicated to helping children, teens, and adults experiencing anxiety, depression, traumatic events, domestic violence and abuse, and other difficult life situations. My passion is working with women and mothers who are pregnant or postpartum, experiencing pregnancy loss or infertility, and those with disordered eating patterns and body image.

I utilize cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), and mindfulness to help my clients bring greater awareness to their stressors and environments, physical sensations, thoughts, emotions, and behaviors. I also incorporate narrative exposure therapy (NET) and other trauma-informed approaches to address how this kind of stress can affect our physiology. I also encourage clients consider how their physical health and self-care impacts their emotional and mental well-being, and vice versa.

I want all my patients to leave my office feeling more understood and closer to finding more hope, peace, and healing in their lives. My goal is to provide a safe space to talk about thoughts or emotions that feel shameful, and work towards more self-acceptance and love. I would be honored to hear your story and help you on your path to healing!