

Gilbert Counselors, LLC

Professional Counseling Services

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Informed Consent for Treatment Addendum **Stephanie De La Garza, MC Intern Therapist**

My name is Stephanie, and I am an intern level therapist under the direct supervision of Julia Spain, PLLC, while I continue my education to complete the requirements to receive my Masters of Counseling degree.

I hold a B.S. in Psychology and a B.S in Social Science from Idaho State University and advanced knowledge in counseling related areas, i.e Trauma Informed Care, Psychological First Aid, and Skills for Psychological Recovery.

I am dedicated to helping children, teens, and adult individuals discover they have the strength within them to overcome challenges and reach their full potential, helping clients find 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 work with all ages, couples and families at any stage to help guide them through life's stressors (anxiety, depression, loss, and spiritual rejuvenation). Being a counselor, it is imperative that clients have complete faith in my ability and integrity. The quality of the outcome is directly related to the effort put for.