

Gilbert Counselors, LLC

Professional Counseling Services

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GilbertCounselors.com

Informed Consent for Treatment Addendum

Pam Perez, Licensed Associate Counselor

My name is Pam and I'm a Licensed Associate Counselor at Gilbert Counselors under the direct supervision of Terri Roman, LPC. I hold a Master of Science in Professional Counseling degree from Grand Canyon University. I am here to help clients work through various life stressors and daily challenges that get in the way of their ideal self and best life. I believe that a person's thoughts and feelings will directly impact their behavior and daily functioning. My theory and philosophy on working with clients is that it is important to treat the whole person in order to create an enriched therapeutic experience. As a counselor, I strive to help individuals through life's challenges in a safe and nonjudgmental environment. 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 as well as couples and families. My goal is to utilize and teach skills through Cognitive Behavioral Therapy and Dialectical Behavior Therapy.