

Gilbert Counselors, LLC Professional Counseling Services
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Informed Consent for Treatment Addendum

**Pam Perez, MC Intern
Therapist**

My name is Pam Perez and I'm a master's level intern at Gilbert Counselors under the direct supervision of Terri Roman, LPC. I am completing a Master of Science in Professional Counseling degree from Grand Canyon University. My goals and passion in life have always involved helping people. I believe that a person's thoughts and feelings will directly impact their behavior and I am here to help clients work through various stressors in life. 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 therapeutic 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.