

Gilbert Counselors, LLC

Professional Counseling Services

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GilbertCounselors.com

Informed Consent for Treatment Addendum

Pam Perez, Mindfulness Coach

My name is Pam Perez and I am a Mindfulness Coach at Gilbert Counselors under the direct supervision of Terri Roman, LPC. I recently completed my 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 mindfulness coach, 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.