

Gilbert Counselors, LLC

Professional Counseling Services

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Informed Consent for Treatment Addendum

Anna Binting, MS Intern Therapist

My name is Anna Binting, practicum level therapist contracted with Gilbert Counselors, LLC. I am under the direct supervision of Julia Spain, LPC as I complete the requirements to finish a Master of Science in Professional Counseling. In session, therapy will be approached in a holistic manner, emphasizing on unraveling the root cause of the problem in contrast to focusing solely on symptoms. Theoretically, I incorporate aspects of Emotionally Focused Therapy (EFT), Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), and Person-Centered Theory into therapy. I hold over two years of experience working in the mental health field with individuals, couples, and families from various age ranges. 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. Together, we will custom plan an approach and plan to therapy that will best support you as an individual.