

Gilbert Counselors, LLC

Professional Counseling Services

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Informed Consent for Treatment Addendum Alicia Bindenagel, Intern Therapist

My name is Alicia Bindenagel. I am an intern with Gilbert Counselors, LLC. I am under the direct supervision of Terri Roman LPC, as I work towards completing requirements to become an independently licensed therapist. I am completing my master's in Professional Counseling from Grand Canyon University. I also have a Bachelor's degree in Science and Advance Patient Care from Grand Canyon University.

I have training and experience using Trauma-Focused CBT (TF-CBT), Dialectical Behavioral Therapy (DBT), and various other trauma modalities. I have experience working with kids, teens, adults, and couples. I am dedicated to helping individuals meet their goals by examining 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 provide counseling to individuals of all ages, couples, and families.