

Gilbert Counselors, LLC

Professional Counseling Services

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Informed Consent for Treatment Addendum

Heather Adams, MC Therapist, LAC

My name is Heather Adams. I am a licensed associate counselor (LAC) contracted 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 completed my master's in Professional Counseling from Grand Canyon University. I have a B.A. in Communications from Arizona State University. I blend together Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT).

I focus on helping individuals identify and meet their goals by increasing their personal awareness and identifying areas they would like to change. I believe in collaboratively working with clients to correct unhealthy behaviors and thoughts, through the practice of mindfulness, learning to identify patterns, challenging and restructuring negative thought patterns, learning distress tolerance and emotional regulation.

I provide counseling to adolescents and adults of all ages, as well as couples. I look forward to working with you!