

Gilbert Counselors, LLC

Professional Counseling Services

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gilbertcounselors.com

Informed Consent for Treatment Addendum

Anna Binting, MS, Certified Mindfulness Coach

My name is Anna Binting, and I am a Certified Mindfulness Coach with Gilbert Counselors, LLC. I have completed a Master of Science in Counseling and I am under the direct supervision of Julia Spain, LPC.

As a Certified Mindfulness Coach, I facilitate growth in my clients by teaching skills within mindfulness, interpersonal effectiveness, distress tolerance, emotion regulation, and cognitive restructuring. I utilize these practices to help increase awareness and acceptance within my clients, and to also help clients understand how to better cope with the emotions and thoughts that are being presented.

Sessions are approached in a holistic manner, emphasizing on unraveling the root causes of the problems you are experiencing. I consider my style as modern, providing an empathic, relatable, and genuine approach. Together, we will custom plan an approach that best supports you as an individual.

I welcome you into starting this journey of growth and healing, and I strive to ensure that you will be warmly supported each step of the way.

