

Gilbert Counselors, LLC

Professional Counseling Services

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gilbertcounselors.com

Informed Consent for Treatment Addendum

Libbie Henrie, Mindfulness Coach

Hello! My name is Libbie Henrie, and I am a mindfulness coach contracted with Gilbert Counselors, LLC under the direct supervision of Terri Roman, LPC.

I am dedicated to helping children, teens, and adults experiencing anxiety, depression, traumatic events, domestic violence and abuse, and other difficult life situations. My passion is working with women and mothers who are pregnant or postpartum, experiencing pregnancy loss or infertility, and those with disordered eating patterns and body image.

I utilize cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), and mindfulness to help my clients bring greater awareness to their stressors and environments, physical sensations, thoughts, emotions, and behaviors. I also incorporate other trauma-informed approaches to address how this kind of stress can affect our physiology.

I want all my patients to leave my office feeling more understood and closer to finding more hope, peace, and healing in their lives. My goal is to provide a safe space to talk about thoughts or emotions that feel shameful, and work towards more self-acceptance and love. I would be honored to hear your story and help you on your path to healing!