

# **Gilbert Counselors, LLC**

## **Professional Counseling Services**

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### **Informed Consent for Treatment Addendum**

**Lyn Hofmann, LAC**

My name is Lyn Hofmann. I am a Licensed Associate Counselor (LAC), contracted with Gilbert Counselors, LLC under the direct supervision of Terri Roman, LPC. I have a Master's in Professional Counseling from Grand Canyon University and a B.A. in Psychology from Arizona State University. I have advanced knowledge in early childhood education. 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 children, teens, and individuals seeking to improve their mental health.