

Gilbert Counselors, LLC

Professional Counseling Services

1425 W. Elliot Rd, Suite 201 * Gilbert, AZ 85233 * (623) 522-7005
amandamarie.mathews@gmail.com
gilbertcounselors.com

Informed Consent for Treatment Addendum

Amanda Mathews, MC Intern Therapist

My name is Amanda Mathews. I am a practicum intern therapist from Grand Canyon University. I am contracted with Gilbert Counselors, LLC under the direct supervision of Julia Spain, LPC as I work towards completing the requirements to receive my Master of Counseling degree. I hold a B.S. in Criminology and Criminal Justice from Northern Arizona University.

I have a passion for this work and a genuine interest in clients' success by meeting their goals through examining the connection between how they think, feel, behave and interact in their various environments. I help clients achieve success by facilitating growth and change by teaching mindfulness, cognitive restructuring, and emotion regulation. I work with all ages, couples and families at any stage to help guide them through life's stressors (anxiety, depression, loss, and spiritual rejuvenation). Being a counselor, it is imperative that clients have complete faith in my ability and integrity. The quality of the outcome is directly related to the effort put forth.

My desire is to help individuals be the best version of themselves, and I look forward to working with you!