

Gilbert Counselors, LLC

Professional Counseling Services & Certified Mindfulness and Life Coaching

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Gilbertcounselors.com

Informed Consent for Treatment Addendum Stephanie De La Garza, MC Mindfulness Coach

My name is Stephanie, and I am a Certified Mindfulness Coach under the direct supervision of Julia Spain, LPC. I have completed my education and have a Master of Science in Counseling/Clinical Mental Health Counseling.

I hold a B.S. in Psychology and a B.S in Social Science from Idaho State University and advanced knowledge in counseling related areas, i.e Trauma Informed Care, Psychological First Aid, and Skills for Psychological Recovery.

In my current position as a Certified Mindfulness and Life coach, I am dedicated to helping children, teens, and adult individuals discover that they have the strength within them to overcome challenges and reach their full potential. I teach the foundation of Mindfulness skills to first increase awareness of how we react to others, our environment, and to our own mind. We then work toward incorporating regular Mindfulness practices and utilization of skills to manage stress, anxiety, anger, and other emotions.

I specialize with working with adolescents age range 13 to 20.

I facilitate growth and change for my clients by teaching the science behind why meditation is so beneficial. Being a Mindfulness and Life Coach, 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. I strive to help my clients take back control over their lives by learning how powerful our minds can be and that we have control over all of life's experiences when we learn to control our mindset.