

Gilbert Counselors, LLC

Professional Counseling Services

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Informed Consent for Treatment Addendum Natalie Martin, Intern Therapist

My name is Natalie Martin, and I am an intern therapist with Gilbert Counselors, LLC. I am under the direct supervision of Julia Spain, LPC. I am currently working toward obtaining my master's degree in clinical mental health counseling through the University of Phoenix. I also received my bachelor's degree in psychology from Colorado Mesa University.

My areas of clinical focus include trauma, mood disorders, marriage and family issues, sexually maladaptive behaviors, stress management, transitioning to adulthood, crisis management, and more. I utilize techniques from cognitive-behavioral, humanistic, person-centered, and solution-focused therapies and have experience working with children, teenagers, adults, and couples.

I am dedicated to providing a safe environment that allows clients to process and work through their challenges. I teach my clients the skills they need to achieve their goals. I provide my clients with tools to help them with emotional regulation, cognitive restructuring, mindfulness, stress management, social skills, and processing trauma. I provide counseling to individuals of all ages, as well as couples and families.