

## Gilbert Counselors, LLC

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Professional Counseling Services

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### Informed Consent for Treatment Addendum Ying Wang, Intern Therapist

My name is Ying Wang. I am an intern with Gilbert Counselors, LLC with under the direct supervision of Julia Spain, LPC, as I work towards completing requirements to become a licensed therapist. I am completing my Master of Science in Professional Counseling from Grand Canyon University. Before that, I held a Bachelor in Women and Gender Studies from Arizona State University in 2016.

I got several trainings about Trauma informed Care in the past two years and learned about Cognitive Behavioral Therapy (CBT), Rational Emotive Behavior Therapy (REBT), Narrative and some other theories that can fit for different client's condition. I had experience working with adult clients from 18 to 70 years old when I worked as a Human Services Specialist for the state three years ago, who need support in their mental and emotional condition. I love to work together with my future clients to explore their real concerns and the things happened to them, based on better understanding, we will work together to release depression, anxiety, the memory that hurt in the past, and identify the things that bothered before. I believe that when we change our thoughts, we can change the way we handle the things round us, and it will bring a new mental world to us. I do counseling to the individuals at different ages as well as couple and families.