

Gilbert Counselors, LLC

Professional Counseling Services

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Informed Consent for Treatment Addendum

Kristen Moleski, Licensed Associate Counselor, National Certified Counselor

My name is Kristen Moleski and I am a Licensed Associate Counselor working under the direct supervision of Julia Spain, MC, LPC. I have a Master of Arts degree Clinical Mental Health Counseling degree from Northern Arizona University, am certified by the Arizona Board of Behavioral Health Examiners, and am certified by the National Board for Certified Counselors, Inc.

I have experience in a wide variety of settings including crisis, inpatient, and outpatient services. I enjoy working with adolescents and adults of all ages in individual, couple, family, or group contexts. I work with a wide range of issues and concerns including but not limited to substance abuse, depression, anxiety, relationship/family distress, grief, trauma, crisis, mood disorders, self-esteem, and phase of life changes.

I am a Certified Clinical Trauma Specialist and have further training in Rational Emotive Behavior Therapy (REBT) and Dialectical Behavior Therapy (DBT). In each session, I incorporate elements of Motivational Interviewing and Mindfulness techniques. I am further expanding my knowledge by working towards becoming certified in Eye Movement Desensitization and Reprocessing (EMDR) and Emotionally Focused Therapy (EFT) with an emphasis on attachment-based interventions. Continuing my education and keeping up with the latest evidence-based treatment approaches is a priority of mine in order to provide you with an individualized and refined approach.