

# Affordable Counseling

## Individual, Couples, & Group Services

### About Me

I am a counseling graduate student at UMKC pursuing a Masters in Counseling with an emphasis in Mental Health. I'm entering my final year of studies, which includes a two-semester professional internship, and I am offering affordable mental health services under the supervision of a licensed professional counselor.

I work with clients from a holistic, humanistic, collaborative, and person-centered approach. I draw from Relational Psychoanalysis, Attachment Theory, Family Systems Theory and Multicultural Frameworks to conceptualize my clients, and use Dialectical Behavior Therapy (DBT), Rational Emotive Behavior Therapy (REBT) and Solutions Focused Therapy as primary interventions. I work together with clients to explore thoughts, behaviors, and emotions of the past and present in order to identify goals for the future and techniques to achieve them. My approach is unique to each client depending on their specific needs, presenting problems, and cultural concerns.

I am currently polling interest in free, 18+ support groups based around the following topics. Please contact me if interested:

- Adoption and Foster Care
- Immigration/Acculturation/Citizenship
- LGBTQ+, Coming Out, and Transitioning
- General Mental Health including Anxiety, Depression, and Stress Management



**Who:** Ben Gulick - counseling student intern under the supervision of Kathryn Brewer, PhD, LPC, LCPC, NCC, CCTP

**When:** August 2019 to May 2020

**Where:** Kansas City Psychiatric Consultants  
Blue Ridge Tower (I-70 & 40 Hwy)  
4240 Blue Ridge Blvd, Suite 530  
Kansas City, MO 64133

**Time:** Mondays, Tuesdays, and Thursdays;  
daytime and evening appointments

**Fees:** \$15 Initial Intake Session (60 min)  
\$10 Individual Sessions (45 min)  
Cash/Credit Card only, no insurance  
\*No charge for group services

**816.291.4700 ext. 4001**