

Declaration of Practice and Procedures

Trent Mikalowsky LPC-IT/SAC-IT

Nett-Work Family Counseling
2801 Calumet Dr. Sheboygan WI, 53083
(920) 451- 6908

Qualifications

I earned my Master's Degree in Professional Counseling with an emphasis in Clinical Mental Health from the University of Wisconsin–Oshkosh in 2025. I currently hold training licensure as both a Licensed Professional Counselor (LPC-IT) and Substance Abuse Counselor (SAC-IT). During this training period, I am under the supervision of Christine Nett, who has been approved as my clinical supervisor until all state-required hours for full LPC and SAC licensure have been completed.

Areas of Focus

I generally work with a younger population but also provide services to adults. My clinical focus includes: Anxiety and Depression, Frustration tolerance and coping with daily life challenges, Trauma and stress-related issues, ADHD, Autism Spectrum and related developmental needs, Behavioral and emotional regulation. My goal is to help clients develop insight, emotional balance, and effective strategies to navigate life's challenges in a supportive and collaborative environment.

Services Offered

My approach to counseling is eclectic, meaning I draw from a variety of therapeutic modalities to best meet the needs of each individual client. Treatment is tailored to where each client is in their personal process and comfort with counseling. Approaches used but not limited to: Cognitive Behavioral Therapy, Reality Therapy, Solution-Focused Brief Therapy, Journaling and Reflective Techniques. I also have experience working with children and adolescents diagnosed with ADHD and other behavior-related challenges, helping them build skills in emotional regulation, attention, and problem-solving.

Office Procedures

Appointments for future sessions are typically scheduled at the end of each session unless otherwise discussed. Appointments may be scheduled, rescheduled, or cancelled with at least 24 hours' notice. Cancellations made with less than 24 hours' notice may result in a late-cancellation fee. Office Hours: You may contact the office between 8:00 AM and 5:00 PM, Monday through Thursday. Your time and commitment to this process are valued, and consistent attendance helps ensure the best outcomes in therapy.

I HAVE READ THE DECLARATION OF PRACTICES AND PROCEDURES OF Trent Mikalowsky LPC-IT/SAC-IT AND WITH MY SIGNATURE BELOW I CONSENT TO SERVICES PROVIDED BY Trent Mikalowsky LPC-IT/SAC-IT. I AM AWARE THAT HE MAY SHARE INFORMATION WITHIN NETT-WORK FAMILY COUNSELING FOR THE SOLE PURPOSE OF SUPERVISION AND INFORMATION SHARED MAY NOT BE USED FOR ANY OTHER PURPOSES.

Client Signature _____ Date _____

Trent Mikalowsky LPC-IT/SAC-IT _____ Date _____

Christine Nett LCSW, CSAC, ICS _____ Date _____

Consent for Treatment of a Minor:

I (Parent/Guardian), _____, give consent for Trent Mikalowsky LPC-IT/SAC-IT to conduct therapy with my (relationship) _____, (name of minor) _____

Signature of Parent or Guardian _____ Date _____