

I've been working with Kayla for several years, and she has been amazing! She creates a safe, supportive, and nonjudgmental environment where I feel comfortable speaking openly. Kayla consistently offers thoughtful insight, asks meaningful questions, and provides valuable feedback across a wide range of topics. She's also shared excellent resources that have helped me strengthen my mindset and grow in a positive way!

-Alex S.

After trying sessions with different therapists in the past, I've consistently worked with Kayla for over 3 years now. She provided a much-needed grounding force during a high-pressure time in my life, adapting her approach to fit my communication style. She has an incredible ability to help me see the bigger picture and find the common threads in situational challenges. Her professional confidence and positive energy are wonderful. If you are looking for a professional who is adaptable and insightful, I cannot recommend her highly enough.

-Lauren A.

From the start, Kayla made me feel comfortable and seen. As someone who had never had a therapist before, I feel like I struck gold. I look forward to our sessions because I feel immensely supported; Kayla challenges me in a way that never feels judgmental or critical. I am able to work through ideas and scenarios with her, and I have never felt like she was trying to mold me into something I am not. I can be 100% honest, and although the work is ongoing, I feel I have made significant progress.

-Sarah D.

I've been working with Kayla for about 2 years, and she always gives honest, real advice that I genuinely trust. She makes you feel comfortable and supported, but will also tell you what you need to hear in a really helpful way. She's helped me through some of my darkest times with so much care, positivity, and understanding. I'm really grateful for her and everything she's helped me work through.

-Juliana S.