



JOY MENTAL HEALTH GROUP

Dr. Adam Joy

PsyD, LP

Founder, Owner, and Clinical Director

Integrative therapy and psychological testing for adults who are carrying a lot — and still expected to perform. Direct, practical, and built around what the person in the room actually needs.

PsyD, Pepperdine University. Psychology at Michigan State. Postdoctoral training at The Mount Sinai Hospital in New York.

Who he sees

College students, adults, and high-performing people under strain. Anxiety, depression, ADHD, trauma, identity, and recovery.

How he works

ACT and CBT when a skills plan is the better fit. Psychodynamic and values-based work — including Viktor Frankl — when the question is deeper.

In the community

President of Restoring Hope Collective. Has served on the Washtenaw board of Face Addiction Now. Advises the Steely Brown Project so men can reach for care.

Where to see him

Ann Arbor (main office) • 2350 Washtenaw Ave, Suite 3
West Bloomfield • East Lansing • Macomb • Telehealth anywhere in Michigan

Start with Dr. Joy

734-215-5853

joyfamilycenter.com/team/adam-joy

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Meet Dr. Joy