Joy
MENTAL HEALTH GROUP

THOUGHTFUL CARE FOR YOUR NEXT CHAPTER

P 734-215-5853 F 855-952-2422
ChooseJoyMi.com



MEET YOUR THERAPIST

Kayla Meyers-VanDouser, TLLP

Limited License Clinical Therapist

Kayla offers therapy for children, adolescents, and adults navigating anxiety, depression, trauma, emotional regulation, and life transitions. She blends conversation, creativity, humor, and practical skills to meet each client's goals.

Immediate availability | Accepting new clients | Telehealth | English

AREAS OF FOCUS

Anxiety · Depression · Kids · Adolescents · Autism · Behavior problems · Adoption · LGBTQ+

A SUPPORTIVE FIT

- **Children through adults** seeking warm, gentle, practical support and skills toward their goals and healing.
- Focus includes **anxiety, depression, trauma, autism, emotional regulation, and life transitions.**
- Affirming care for LGBTQIA+, gender-diverse, disabled, and immigrant-family clients.

HER APPROACH

- Collaborative, flexible care meets each client where they are.
- Draws on **CBT, DBT, play therapy, mindfulness, and person-centered therapy.**
- Conversation, creativity, humor, and practical skill-building support growth at each client's pace.

INSURANCE

Accepts: Aetna · Blue Cross Blue Shield · Meritain Health · Health Alliance Plan · McLaren Health Plan · Medicaid · Auto insurance (accident-related) · Cash pay.

CURRENT AVAILABILITY · TELEHEALTH AVAILABLE

Ann Arbor	West Bloomfield	East Lansing	Macomb	Telehealth
In-person care	In-person care	In-person care	In-person care	Virtual care

Ready to take the next step?

Call **734-215-5853** or scan to open this clinician's profile.

ChooseJoyMi.com/team/kayla-meyers-vandouser/