Joy
MENTAL HEALTH GROUP

THOUGHTFUL CARE FOR YOUR NEXT CHAPTER

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



MEET YOUR THERAPIST

Natalie Yglesias, TLLP

Limited License Clinical Therapist

Natalie offers trauma-informed therapy for adults 18+ and college students navigating anxiety, mood, identity, relationships, and life transitions. Her integrative approach draws on ACT, CBT, DBT, psychodynamic ideas, and mindfulness.

Immediate availability | Ann Arbor | Telehealth | English | Accepting new clients

AREAS OF FOCUS

Anxiety | Depression | Identity | College students | PMDD

A SUPPORTIVE FIT

- **Adults 18+ and college students** seeking integrative, trauma-informed care around identity, mood, and life transitions.
- Focus includes **anxiety, depression, PMDD, self-esteem, and relationships.**
- Affirming care for LGBTQIA+, gender-diverse, BIPOC, and disabled clients; men are welcome.

HER APPROACH

- Warm, steady, collaborative, practical, and insight-oriented care.
- Integrates **ACT, CBT, DBT, psychodynamic ideas, mindfulness, and person-centered therapy.**
- She earned a master's in clinical psychology from **Eastern Michigan University** and has experience with young adults at EMU and U-M Dearborn.

INSURANCE

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

CURRENT AVAILABILITY

Ann Arbor
Local care

Telehealth
Virtual care

Ready to take the next step?

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

ChooseJoyMi.com/team/natalie-yglesias/