



Powell Counseling  
Center, PLLC

Kayla graduated from Carson Newman University (then College) in May 2012 with a Bachelor's degree in Applied Psychology. Kayla graduated from East Tennessee State University in August 2014 with a Master's degree in Community Agency Counseling. She has been a licensed professional counselor (mental health service provider designation) since 2019. Kayla is a Nationally Certified Counselor, and is a certified Dialectical Behavior therapy provider. Kayla has additional training in grief work and EMDR.

Kayla has worked in a variety of settings in the last 9 years including community agency therapy, school-based therapy, crisis services, intensive outpatient group therapy, intensive case management, private practice therapy, and jail diversion programming. Kayla also has 2+ years experience supervising programs at the community agency level.

Kayla considers herself an eclectic therapist which means she pulls from a variety of therapy modalities in order to meet clients where they are and assist them in meeting their goals. Kayla says the following regarding her work with clients, "It is my hope that I can assist clients on their journeys toward peace, joy, and acceptance of the them that they were born to be. My clinical areas of focus are: individuals struggling with depression, trauma, anxiety, intense emotional responses, borderline personality disorder, grief, and self-esteem/acceptance."

Kayla was born and raised in the Halls/Powell/Corryton/Fountain City communities. She is passionate about helping reduce the stigma surrounding mental health diagnoses and treatment in East Tennessee.

When Kayla is not in the therapy space, she's probably spending time with her friends and family (she especially enjoys time with her nieces and nephew), going antique shopping, binge-watching a TV show, going on an "adventure," or cuddling her dachshund, Jolene. She hopes Jolene will join her in the therapy space in the future after she undergoes therapy training.