



Powell Counseling
Center, PLLC

Kayla Stinson, Counselor (Pre-Licensed)
Working with Children, Adolescents, Adults & Older Adults

I am a pre-licensed counselor with a deep passion for walking alongside individuals as they navigate life's challenges and transitions. I work with clients ages 3 and up—including children, adolescents, adults, and older adults—supporting them through a wide range of emotional and mental health concerns.

With a background in working with children and teens, I bring a grounded and developmentally informed approach to counseling that emphasizes safety, connection, and understanding. I have experience supporting clients dealing with ADHD, anxiety, depression, grief, relationship struggles, and those seeking growth in their personal development journey.

I integrate evidence-based approaches through an eclectic framework, encompassing Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT), mindfulness practices, person-centered (Rogerian) therapy, and play therapy to meet each client where they are. I'm especially passionate about helping individuals who are going through significant life transitions or who are healing through trauma.

My approach is collaborative, compassionate, and client-centered—I believe that every person has the capacity for healing and growth when given the space to feel heard, seen, and supported. I genuinely strive to create a safe and nonjudgmental space where clients can explore their thoughts, feelings, and experiences openly. Therapy can be a powerful place for reflection, resilience-building, and positive change—and I'm honored to walk alongside clients on that path.