

# STRONGER SCHOOLS

BECOME A STRONGER  
YOU

**Counseling & Mental Health  
Services from a  
Therapist / Counselor  
for treatment of Depression,  
Anxiety, Trauma, PTSD,  
Anger & more.**

Kayla utilizes Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Mindfulness, and Narrative and Expressive Arts.

She has experience working with teens with severe depression, anxiety, impulse control, mood instability, ADHD, PTSD, family relational issues, psychosis, attachment issues, self-esteem issues, and behavioral/anger/violent outbursts.

Meeting her clients where they are at is an important foundation to the work that she does. She aims to work with her clients at their level and with an approach that is best suited for them and their needs.

[WWW.STRONGEROREGON.COM](http://WWW.STRONGEROREGON.COM)



**KAYLA BOYD  
PROFESSIONAL COUNSELOR  
ASSOCIATE**

