



Kayla Davis, MS, QMHP

Behavioral Health Clinician

Education and Certification

Bachelor of Arts in Music Education from Trinity Christian College, Masters of Science in Clinical Mental Health Counseling from Capella University.

Specialization

CBT-focused adult and child therapy, depression, and anxiety.

My Treatment Philosophy

I spend time with my clients dissecting their negative thought patterns and helping them reframe them in a positive light. I also believe that clients are the experts at their own lives and that I am here as support.

A little bit about me...

I enjoy spending time with my husband and daughter. We have a Pitbull mix dog, a three-legged kitten and a crazy cat who thinks she's in charge. I enjoy watching psychological thrillers and anything to do with psychology in general. I also enjoy crocheting, coloring, or any other art project I have laying around.



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