

Kayla Buchanan, MA



A Message from Kayla (she/her)

Kayla has specialized training in holistic mental health approaches that integrate the mind, body, and spirit as a core component of therapy. Kayla's clinical focus is to provide an empathetic, gentle, and collaborative space for clients to explore their lived experience and foster healing, personal growth, and improved self-awareness. Kayla leads with curiosity while offering guidance to help clients achieve their vision, purpose, and self-determined goals. She employs a strengths based and person-centered approach while collaborating with clients to identify therapeutic strategies that are tailored to their unique needs. Kayla frequently utilizes therapeutic methods such as mindfulness, trauma-informed counseling, attachment theory, cognitive-behavioral therapy, and narrative therapy in her practice.

Kayla enjoys working with clients of all ages, including children, adolescents, adults, and couples to address various issues that may include trauma, depression, anxiety, self-esteem, and/or relationship challenges.

As a wife and mother of two, Kayla specifically enjoys supporting women as they navigate the transformative journey into motherhood and beyond, assisting them in fostering, maintaining, or re-establishing a strong sense of self. Moreover, she brings specialized training in the Gottman Method for couples counseling, allowing her to support couples and co-parents in building healthy communication habits, rebuilding trust, and creating supportive environments where relationships can flourish.

As a holistic counselor, I believe that within each and every one of us, there is a source of innate strength, goodness, and wisdom waiting to be discovered more fully, and that with the right support, transformation is not only possible but also achievable. I'm passionate about creating a relaxed, non-judgmental, and safe environment to explore your lived experience while gently guiding you on your path to healing and self-leadership. I firmly believe that when a connection, safety, and trust are nurtured, the therapeutic relationship can be an incredible catalyst for change. I am deeply honored to support you as you navigate parts of yourself that may be limiting your potential and discover the immense reservoir of strength, goodness, and wisdom within you.

Areas of Specialty

Mind/Body Integration, Somatics, Trauma, Maternal Mental Health, Anxiety, Existential Challenges, ADHD, Adjustment difficulties & disorders, Anxiety, Attachment issues, Couples counseling, Depression, Existential crisis & challenges, Life transitions, Post-traumatic Stress Disorder (PTSD), Childhood trauma, Complex PTSD (C-PTSD), Relationship issues, Stress management, LGBTQ+ Issues, Women's issues,

Maternal mental health, Self-Esteem, Imposter syndrome, Abandonment issues, Graduate Student Mental Health

Treatment Modalities

Person Centered, Holistic Counseling, Trauma Informed, Somatics, Gottman Method Couples Counseling, Child Centered Play Therapy (CCPT), Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), Mindfulness Based Stress Reduction (MBSR), Cognitive Behavioral Therapy (CBT), Narrative Therapy

Education & Training

Masters in Clinical Holistic Mental Health Counseling

Certificate in the Gottman Method (Level 1 & 2), Gottman Institute

Insurances Accepted

BCBS, UBH/Optum/UHC/NHP, Aetna

Supervisor

Catherine Hearne, MSW, LICSW

Contact the Team at Embodied Living Counseling to schedule an appointment with Kayla at;

https://docs.google.com/forms/d/1ATMvnYIBoa7EuzDxT6O9iU9CSt3TC2iVrMmUq4PA5ig/viewform?edit_requested=true