

Adult Mental Health & Trauma Therapy

REFERRAL RESOURCE

Warm, trauma-informed virtual therapy for adults navigating trauma, anxiety, depression, grief, relationships, and major life transitions.



Keyla Gleave-Perez, LCSW

English & Spanish | UT & AZ

LCSW

EMDR trained & certified

Adults 18+

Utah & Arizona

Accepting referrals

WHEN TO REFER

Adults who may benefit from support

- Trauma, PTSD, or painful past experiences
- Anxiety, panic, rumination, or chronic stress
- Depression, low motivation, or emotional overwhelm
- Grief, loss, or major life transitions
- Relationship stress, family dynamics, boundaries, or self-esteem
- Pregnancy, postpartum, birth trauma, or pregnancy loss

WHY KEYLA

A clinically grounded referral partner

- Former University of Utah Hospital therapist with experience supporting trauma, grief, complex transitions, and perinatal concerns
- EMDR trained and certified; trauma-informed care
- Evidence-based approaches: EMDR, IFS, CBT, DBT, ACT, mindfulness, and motivational interviewing
- Bilingual care in English and Spanish
- Optional faith or spiritual integration when desired
- Collaboration with medical providers with patient authorization

WHOLE-PERSON CARE. PERSONALIZED SUPPORT.

Therapy tailored to the person, not just the symptoms.

Keyla creates a warm, collaborative space for adults to process difficult experiences, strengthen coping skills, build healthier boundaries, and move toward lasting change. Care is culturally responsive and tailored to each person's goals.

EASY REFERRAL PATHWAY

Three simple steps for patients

01

Scan the QR code or visit the referral page

02

Review services, insurance, and current openings

03

Schedule securely through Headway



SCAN FOR REFERRAL INFO
& SCHEDULING

MON-THU 2:00-6:00 PM

(385) 232-3912

therapywithkeyla.com/referrals