

PSYPACT Certified

Chinese

Kai Shin Chu (she/her)

Dr. Chu is a compassionate and culturally responsive therapist who believes in the power of self-compassion and balance in healing. She helps clients slow down, reflect, and work through barriers to happiness using evidence-based therapies like CBT/ERP, DBT, ACT, and IFS. Fluent in English and Mandarin, she specializes in anxiety disorders, OCD, phobias, stress, and multicultural and family therapy. Dr. Chu provides affirming care for the LGBTQ+ community and is passionate about supporting BIPOC clients. She works with adolescents, young adults, adults, and older adults, and is currently accepting new patients for self-pay.

Location: Full-time, available virtually or in-person
Website: www.drchupsychology.com
Email: jchu@drchupsychology.com
Phone: 813-347-9681

Lei Wang, Ph. D (she/her)

Dr. Wang is a bilingual, strengths-based psychologist who provides culturally sensitive care in English and Mandarin. With over a decade of experience, she supports clients navigating anxiety, life transitions, identity exploration, relationship concerns, and career challenges. She specializes in working with college students, BIPOC, LGBTQIA+, immigrants, and those in academia. Using evidence-based approaches like CBT, DBT, ACT, and mindfulness, Dr. Wang empowers clients to define and pursue their own goals. She offers in-person sessions in Pittsburgh and teletherapy to clients in PsyPact states.

Location: In-person (Tuesdays, Pittsburgh) & Teletherapy (Wednesdays–Thursdays, PsyPact states)
Website: www.drleiwang.com
Languages: English, Mandarin

Hindi

Kavita Sekhsaria (she/her)

Dr. Sekhsaria takes a strengths-based, collaborative approach to help clients explore challenges, gain clarity, and find sustainable paths forward. Her warm and caring style—grounded in cultural sensitivity, social justice, and a touch of humor—creates a safe, inclusive, and non-judgmental space. She specializes in relationships, stress, spirituality. Fluent in English and Hindi, she works with adults and is currently accepting new self-pay clients.

Location: Part-time, available virtually
Website: kavita@kpspsychotherapy.com
Email: kavita@kpspsychotherapy.com
Phone: 240-428-4941
Languages: English, Hindi

Divya Nawal Rai (she/her)

Dr. Nawal Rai brings over 17 years of experience providing a warm, collaborative space for adults to navigate depression, anxiety, PTSD, grief, and life transitions. She specializes in evidence-based therapies including Prolonged Exposure (PE), CBT for trauma and depression, DBT, and ACT, helping clients move toward lives aligned with their values. Fluent in English and Hindi, she is dedicated to affirming care for LGBTQ+ and multicultural communities and works with young adults, adults, and older adults.

Location: Part-time, available virtually
Website: <https://www.psychologytoday.com/profile/1502460>
Email: dr.divyanawalrai@gmail.com
Phone: 754-273-5439
Languages: English, Hindi

Indonesian

Sonia Dhaliwal (she/her)

Dr. Dhaliwal is a licensed psychologist and owner of Dhaliwal Psychological Services in Las Vegas, NV. With advanced training in CBT, Emotion Focused Therapy, and Interpersonal Process Therapy, she provides evidence-based, culturally responsive care for anxiety, depression, trauma, grief, and more. As a multiracial immigrant, she is especially committed to supporting immigrant and multicultural communities. Dr. Dhaliwal also works with medical professionals, veterans, and older adults, and serves as president of the Southern Regional Board of the Nevada Psychological Association.

Location: Full-time, available in Las Vegas and virtually
Website: <https://dhpsychservice.com/>
Email: soniadhal@gmail.com
Phone: 725-235-9200
Languages: English, Indonesian, Malay (Bahasa Malaysia)

Japanese

Akiko Motomura (she/her)

Dr. Akiko is a full-time therapist who provides a warm, culturally sensitive space for young adults and adults navigating trauma, anxiety, depression, grief, and identity-related concerns. Fluent in English and Japanese, she specializes in working with abuse survivors, LGBTQ+ clients, immigrants, and those experiencing relational trauma or multicultural stress. Her approach is grounded in compassion and deep respect for each client's lived experience.

Location: Full-time, available virtually or in-person
Website: doctor-akiko.com
Email: hello@doctor-akiko.com
Phone: 412-573-9851
Languages: English, Japanese

Mandarin

Linda Inatsuka (she/her)

Dr. Linda Inatsuka is a Florida-licensed psychologist with over 25 years of experience. She uses a collaborative, strength-based, and solution-focused approach, integrating cognitive-behavioral therapy and lifestyle interventions—including nutritional psychology—to support mood and overall mental health. Her directive and interactive style empowers clients to focus on "what's right" and make present-focused changes that lead to a more fulfilling life. Fluent in English and Japanese, she specializes in anxiety, depression, relationship concerns, health psychology, multicultural stress, and women's issues.

Location: Full-time, available virtually or in-person

Website: www.liveempowered.com

Email: info@liveempowered.com

Phone: (813) 985-6121

Languages: English, Japanese

Ryoichi Noguchi (he/him)

Dr. Ryo Noguchi is a licensed clinical psychologist in Virginia and Washington, DC, and the founder of DC Cognitive Behavioral Therapy PLLC. He provides both in-person and virtual therapy, specializing in cognitive behavioral therapy for anxiety, depression, OCD, ADHD, relationship issues, and stress. Fluent in English and Japanese, Dr. Noguchi works with young adults, adults, and older adults using evidence-based approaches tailored to each client's needs.

Location: In-person (DC area) and virtual

Website: <https://dccbt.com>

Email: info@dccbt.com

Phone: 202-888-9183

Languages: English, Japanese

Korean

Heejin Kim (he/him)

Dr. Heejin Kim is a licensed psychologist in Pennsylvania with extensive experience supporting clients through trauma, academic stress, identity concerns, immigration, and intersectional issues related to race, gender, and culture. She provides therapy in both English and Korean and draws from CBT, DBT, mindfulness, trauma-informed care, and psychoanalytic approaches based on each client's needs. In addition to her clinical work, Dr. Kim offers supervision to clinicians and has over a decade of experience in college counseling.

Location: Part-time, available virtually or in-person in Bryn Mawr, PA

Website: www.heejinkimphd.com

Email: heejinkim2013@gmail.com

Phone: 215-280-6870

Languages: English, Korean

Sharon Huang (she/her)

Dr. Sharon Huang is a licensed psychologist in Maryland and a Nationally Certified School Psychologist with 17 years of experience working with children, adolescents, and young adults. She specializes in anxiety, ADHD, autism, trauma, learning disorders, and executive functioning. Dr. Huang also conducts psychological assessments and collaborates with families and schools on IEP and 504 planning. Fluent in English and Mandarin, she uses a culturally informed, developmentally appropriate approach to support clients' emotional, behavioral, and academic growth.

Location: Part-time, available virtually or in-person

Website: www.harmonypsychological.com

Email: sharonhuang.phd@gmail.com

Phone: 301-284-8123

Languages: English, Mandarin

Jerrold Yeo Jun Tian (he/him)

Dr. Jerrold Yeo is a licensed clinical psychologist specializing in neuropsychology and rehabilitation psychology. With experience in medical centers, psychiatric institutions, and correctional settings, he provides CBT-based therapy, neuropsychological assessments, and rehabilitation-focused care. His clinical interests include brain and spinal cord injuries, stroke, chronic medical conditions, and geriatric care. He has also served as a fellowship co-director and assistant professor in rehabilitation medicine. Fluent in English and Mandarin, Dr. Yeo brings a culturally informed, interdisciplinary approach to treatment and assessment.

Location: Full-time, available virtually or in-person

Website: www.jyeopsyd.com

Email: info@jyeopsyd.com

Phone: 878-227-9736

Languages: English, Mandarin

H. Cynthia Lin (she/her)

Dr. H. Cynthia Lin is a licensed clinical psychologist in New York and New Jersey and the founder of Citylink Psychological Services. She provides therapy and psychological assessments to children, adolescents, adults, and families, both in-person in NYC and via telehealth across 40 PSYPACT states. Dr. Lin specializes in health psychology, stress management, behavioral medicine, sleep difficulties, and educational assessments. Fluent in English, Mandarin, and Taiwanese, she brings a culturally responsive, evidence-based approach to promoting well-being and healthier living.

Location: Part-time, in-person (Brooklyn & Queens) and telehealth (PSYPACT states)

Website: www.CitylinkPsych.com

Email: Admin@CitylinkPsych.com

Phone: 646-450-9969

Languages: English, Mandarin, Taiwanese

Mandy Lu (she/her)

Dr. Mandy Lu is a full-time clinical psychologist who provides culturally responsive, relationship-centered therapy for adults navigating anxiety, depression, identity exploration, burnout, and relational distress. A 1.5-generation Chinese American, Dr. Lu draws from her bicultural background to support clients with intersectional identities. She integrates CBT and mindfulness-based self-compassion to help individuals break free from limiting patterns, especially in the context of people-pleasing, family dynamics, LGBTQIA+ concerns, and perfectionism. Fluent in English and Mandarin, she creates a safe, affirming space for authentic healing and growth.

Location: Full-time, available virtually or in-person

Website: www.evergreen-psychology.com

Email: mandylupsyd@gmail.com

Phone: (425) 405-0648

Availability: Accepting new patients

Languages: English, Mandarin

Payment: Self-pay

Michigan

Chinese/Taiwanese

Joyce Kuribayashi (she/her)

Joyce Kuribayashi is a bilingual therapist offering in-person and virtual therapy through Galvin Growth Group in Novi, Michigan. She supports adults and children (10+) through challenges like anxiety, depression, grief, relationship struggles, and racial identity concerns. With a warm, non-judgmental approach, she helps clients explore unconscious patterns, family-of-origin dynamics, and inner conflicts using evidence-based techniques. Fluent in English, Japanese, and Chinese, Joyce is committed to empowering clients through culturally sensitive, insight-oriented care.

Location: In-person and virtual at Galvin Growth Group, 43155 Main Street, Suite 2300-G, Novi, MI 48375

Website: www.GalvinGrowthGroup.com

Phone: (734) 323-4897

Languages: English, Japanese, Chinese

Ages Served: Children (10+), Adults, Couples, Families

Felice Chen (she/her)

Dr. Felice Chen is a pre-licensed clinical psychologist based in Ann Arbor, Michigan, offering individual therapy and ADHD assessments for adolescents and adults. She provides a warm, affirming, and collaborative space for those navigating trauma, family dynamics, eating and body image concerns, neurodivergence, anxiety, depression, and identity development. Bilingual in English and Cantonese, Dr. Chen is especially passionate about supporting Asian and Asian American mental health. Her integrative, insight-oriented approach helps clients find clarity, empowerment, and meaningful steps toward healing.

Location: In-person and virtual at Sabi Psychology, 2311 E. Stadium Blvd., Ann Arbor, MI 48104

Phone: (734) 219-5085

Languages: English, Cantonese

Ages Served: Adolescents, Adults

Shu-Lan Hung (she/her)

Shu-Lan Hung is a licensed clinical social worker based in Ann Arbor, Michigan, offering individual therapy for adults through Mindful Counseling, LLC. She integrates evidence-based approaches such as DBT, Cognitive Processing Therapy (CPT), EMDR, and mindfulness to support clients dealing with trauma, anxiety, depression, grief, and life transitions. With a holistic, body-mind approach, she helps clients develop self-awareness, restore inner strength, and create meaningful change. Fluent in English, Mandarin, and Taiwanese, she also works with immigrants, international students, and individuals navigating cultural adaptation.

Location: In-person and virtual at Mindful Counseling, LLC, 2301 S Huron Parkway, Suite 1A, Ann Arbor, MI 48104

Website: [Not listed]

Email: [Not listed]

Phone: (734) 245-2341

Languages: English, Mandarin, Taiwanese

Shahin Ip (she/her)

Shahin Ip is a licensed professional counselor based in Troy, Michigan, providing individual therapy in both English and Cantonese/Mandarin. With an integrative and trauma-informed approach, she supports clients navigating life transitions, cultural identity, grief, and interpersonal conflict. Shahin is trained in EMDR therapy and works to create a safe, empowering space where clients can explore their values, set goals, and build coping skills. Her practice is especially attuned to the complexities of multicultural experiences and identity development.

Location: In-person and virtual at 888 West Big Beaver Road, Suite 780, Troy, MI 48084

Phone: (586) 257-1257

Languages: English, Cantonese, Mandarin

Sherry (Kuan-Ting) Wu (she/her)

Sherry Kuan-Ting Wu is a bilingual therapist based in Ann Arbor, Michigan, offering individual therapy to children, teens, and adults. She specializes in supporting clients through anxiety, stress, trauma, relationship challenges, and life transitions. Sherry brings experience working with individuals on the autism spectrum and holds certification in trauma-informed care. Fluent in English and Mandarin, she provides culturally sensitive, person-centered therapy that empowers clients to navigate their lives with greater clarity and resilience.

Location: In-person and virtual at Jubilee Counseling, 326 South State Street, Suite 210, Ann Arbor, MI 48104

Website: jubileexiniancounseling.com/sherry-kuan-ting-wu

Email: sherry@jubileexinian.com

Phone: (734) 849-4870

Languages: English, Mandarin

Huan-Hsiang Ueng (he/him)

Dr. Huan-Hsiang Ueng is a licensed psychologist and clinical supervisor at Amplify Colectivo in Ann Arbor, Michigan. Fluent in English, Mandarin, Taiwanese, and Minnan, he offers culturally responsive therapy to individuals navigating depression, anxiety, trauma, ADHD, grief, identity development, and relationship challenges. Dr. Ueng specializes in supporting BIPOC, Asian/Asian American, and LGBTQIA+ communities through affirmative care. His integrative approach draws from existential philosophy, emotion-focused therapy, and evidence-based practices like CBT, ACT, and mindfulness-based cognitive therapy. He collaborates with clients to cultivate strengths and foster meaningful change.

Location: In-person and virtual at Amplify Colectivo, 120 East Liberty Street, Suite 200, Ann Arbor, MI 48104

Website: amplifycolectivo.com/meet-the-colectivo/huan-hsiang-ueng

Email: info@amplifycolectivo.com

Phone: (734) 585-6966

Languages: English, Mandarin, Taiwanese, Minnan

Ke Liu (he/him)

Ke Liu is a licensed professional counselor based in Ypsilanti and Ann Arbor, Michigan, offering individual therapy for adults. With a trauma-informed, mind-body approach, Ke integrates mindfulness with evidence-based modalities such as Internal Family Systems (IFS), Eye Movement Desensitization and Reprocessing (EMDR), and polyvagal theory to support clients dealing with anxiety, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), and unresolved trauma. Drawing from both ancient wisdom and contemporary practices, Ke helps clients process emotional pain, reduce reliance on medication, and foster deep healing and resilience.

Location: In-person and virtual sessions available at:
280 North Huron Street, Ypsilanti, MI 48197
Liu Counseling, LLC, 3544 Chatham Way, Ann Arbor, MI 48105

Website: [Psychology Today Profile](#)

Email: [Contact via Psychology Today](#)

Phone: (734) 336-7265

Languages: English, Mandarin

Fan Zhang (he/him)

Fan Zhang is a Limited Licensed Professional Counselor in Michigan, providing therapy for adolescents and adults across multiple locations in the Metro Detroit area. He works with clients facing depression, anxiety, relationship issues, and life transitions using an eclectic, integrative approach grounded in Cognitive-Behavioral, Rational Emotive, Humanistic, Existential, and Client-Centered therapies. With a multicultural background, Fan fosters a therapeutic environment rooted in trust, openness, and collaboration to promote lasting emotional and mental well-being.

Location: In-person at Troy, Sterling Heights, Royal Oak, and West Bloomfield offices (Sollars and Associates)

Website: sollarsassociates.com

Phone (Troy): (248) 862-1171

Phone (Sterling Heights): (586) 913-6121

Phone (West Bloomfield): (248) 882-8698

Languages: English, Mandarin

Lani Porter Wang (she/her)

Lani Porter Wang is a licensed clinical social worker based in Ann Arbor, Michigan, with over 20 years of experience supporting clients through life transitions, relationship issues, academic stress, cultural integration, and family dynamics. Drawing from evidence-based approaches including CBT, mindfulness, and attachment-based psychodynamic therapy, she creates a structured and compassionate space for growth. She is also certified in CBT-I for treating insomnia. Lani offers both in-person and virtual sessions for individuals and couples.

Location: In-person and virtual in Ann Arbor, MI 48104

Phone: (734) 530-3176

Languages: English, Mandarin

Korean**Yeiri Kim (she/her)**

Yeirim Kim is a limited licensed psychologist based in Bloomfield Hills, Michigan, providing therapy to children, adolescents, and adults. Her integrative, person-centered approach draws from CBT, DBT, trauma-informed care, and multicultural perspectives. Yeirim specializes in treating anxiety, depression, trauma, grief, stress, and identity conflict. She also offers comprehensive psychological assessments for ADHD and learning challenges. Through a supportive and authentic therapeutic relationship, she helps clients build self-esteem, resilience, and personal growth.

Location: In-person and virtual at Bloomfield Center for Psychology & Wellness, Woodward Avenue, Bloomfield Hills, MI 48302

Phone: (248) 283-4997

Languages: English

Waitlist: Currently accepting clients for waitlist only

Minjung Kang (he/him)

Minjung Kang is a bilingual counselor based in Troy, Michigan, providing individual, couples, and family therapy for children, teens, and adults. Her integrative approach blends Psychodynamic, CBT, DBT, EMDR, Solution-Focused, Person-Centered, and Emotionally Focused therapies to help clients manage anxiety, depression, trauma, and relationship challenges. Rooted in compassion and respect for personal resilience, she helps clients develop coping strategies, reduce distress, and work toward growth and healing. Fluent in English and Korean, she offers culturally sensitive care in a supportive and affirming space.

Location: In-person and virtual at 101 West Big Beaver Road, Suite 1402, Troy, MI 48084

Phone: (248) 927-1859

Languages: English, Korean

Reyna Choi (she/her)

Reyna Choi, LLMSW, is a trauma-informed therapist based in Lansing, Michigan, who supports clients of all ages in navigating ADHD, anxiety, depression, executive dysfunction, grief, and interpersonal conflicts. With a collaborative, strengths-based approach, she empowers clients to build distress tolerance and work toward self-actualization. Reyna also has a personal understanding of immigration stress and is passionate about helping families address intergenerational and cultural challenges. She is bilingual in English and Korean and draws on her background in psychology, public health, and trauma-informed care to support holistic healing.

Location: In-person and virtual at 1801 E Saginaw St, Suite 1, Lansing, MI 48912

Website: www.guidetopersonalsolutions.com

Email: ndingwell@guidetopersonalsolutions.com
(Clinical Supervisor)

Phone: (517) 667-0061

Languages: English, Korean

Ami Sung (she/her)

Dr. Ami Sung is a licensed psychologist in Michigan offering virtual therapy for adults. She specializes in anxiety, depression, trauma, identity concerns, and cultural/ethnic issues. With a Ph.D. in Counseling Psychology and certification as an EMDR therapist and consultant, Dr. Sung uses an integrative, multicultural approach grounded in EMDR, psychodynamic, humanistic, mindfulness, and relational therapies. Her style is inquisitive, empowering, and open-minded, providing a safe space for clients to process complex emotions, explore identity, and heal from relational and attachment wounds. Fluent in English and Korean, she is deeply committed to inclusive and trauma-informed care.

Location: Virtual, Michigan-based

Website: <https://care.headway.co/providers/ami-sung>

Languages: English, Korean

Filipino**Kamille La Rosa (she/her)**

Dr. Kamille La Rosa (she/they/siya) is a counseling psychologist based in Ypsilanti, Michigan, offering affirming, culturally responsive therapy to teens and adults. With a doctorate from Western Michigan University, they specialize in supporting BIPOC and 2SLGBTQIA+ clients, particularly those exploring Asian/Asian American identity, historical trauma, and internalized oppression. Their approach blends Interpersonal Process-Feminist therapy with CBT, ACT, and DBT, creating a collaborative, anti-oppressive space for healing. Dr. La Rosa works with anxiety, depression, immigrant family dynamics, neurodiversity, eating disorders, grief, and life transitions.

Location: In-person and virtual at 124 Pearl Street, Ypsilanti, MI 48197

Website: integrativeempowerment.com

Email: administration@integrativeempowerment.com

Phone: (734) 945-6210

Languages: English

Fax: (734) 822-0119

Karin Van Ast (she/her)

Karin Van Ast is a licensed professional counselor based in Grand Rapids, Michigan, specializing in therapy for children, teens, and families. An immigrant from the Philippines, she brings a culturally sensitive, creative, and expressive approach to working with youth—particularly middle schoolers—through art, play, music, and writing. Fluent in English, Tagalog, and Ilonggo, Karin supports clients navigating anxiety, school issues, adoption, foster care, and faith-based concerns. She is passionate about helping children express emotions in healthy ways and creating a space they enjoy returning to.

Location: In-person and virtual at 5360 Cascade Road Southeast, Suite 1, Grand Rapids, MI 49546

Phone: (616) 779-8139

Languages: English, Tagalog, Ilonggo

Indian**Lydia Lamba (she/her)**

Lydia Lamba, LLMSW, is a clinical social worker based in Bingham Farms, Michigan, offering trauma-informed, culturally attuned therapy for adults. She specializes in intergenerational trauma, immigration-related stress, and racial identity, supporting individuals who often feel the weight of family expectations, cultural stigma around mental health, and the complexity of being a first-generation citizen. Lydia's holistic and empowering approach draws from modalities like CBT, IFS, EMDR (Flash Technique), ACT, and attachment-based therapies. Fluent in English, Hindi, Punjabi, and Urdu, she provides a validating and affirming space for clients to reclaim their voice and heal authentically.

Location: In-person and virtual in Bingham Farms, MI 48025

Phone: (248) 422-1673

Languages: English, Hindi, Punjabi, Urdu

Akanksha Madan (she/her)

Akanksha Madan is the owner and clinical director of Thrive Beyond Trauma Counseling. A Licensed Professional Counselor (LPC) with advanced certifications including CSAT, CCPS, CMAT, and EMDR, she specializes in helping individuals and couples heal from betrayal trauma, infidelity, sexual addiction, and complex relational dynamics. Her approach blends trauma-informed care, EMDR, and research-backed assessments, guided by models like the Multidimensional Partner Trauma Model (APSATS) and Gottman Method Couples Therapy. Fluent in both Western and South Asian therapeutic contexts, Akanksha is passionate about helping clients rebuild trust, self-worth, and emotional resilience.

Location: Virtual and in-person via Thrive Beyond Trauma Counseling

Website: thrivebeyondtraumacounseling.com

Email:

akanksha@thrivebeyondtraumacounseling.com

Languages: Hindi, Punjabi

Rini Kaushal (she/her)

Rini Kaushal, LLMFT, is a marriage and family therapist based in Ann Arbor, Michigan, offering individual, couples, and family therapy with a culturally sensitive and trauma-informed lens. She specializes in relationship challenges, marital conflict, intimacy issues, generational trauma, and family communication. Drawing from her own bicultural background and training in Integrative Systemic Therapy, Internal Family Systems (IFS), CBT, and Narrative Therapy, Rini provides a supportive, nonjudgmental space for self-exploration and growth. Fluent in English, Hindi, and Urdu, she is especially passionate about supporting BIPOC, LGBTQIA+, and immigrant communities.

Location: In-person and virtual at 3135 South State Street, Suite 108, Ann Arbor, MI 48108

Phone: (734) 537-8005

Languages: English, Hindi, Urdu

Razia Muhamadi (she/her)

Razia Muhammadi, LMSW, is a clinical social worker offering therapy to adults in Dexter and Plymouth, Michigan. She specializes in treating depression, anxiety, trauma, grief, and life transitions with a compassionate, culturally aware, and trauma-informed approach. Drawing from CBT, mindfulness, ACT, and DBT, Razia empowers clients to build coping skills and reconnect with their inner strength. She is certified in trauma treatment (CTP) and creates a safe, judgment-free space for healing. Fluent in English, Farsi, Hindi, Urdu, and Spanish, she is committed to serving diverse communities with care and empathy.

Location: In-person and virtual
Peaceful Minds Counseling, 2820 Baker Rd, Suite 100, Dexter, MI 48130
Prime Counseling Services, 40500 Ann Arbor Road, Ste 200A, Plymouth, MI 48170
Phone: (734) 212-2718
Languages: English, Farsi, Hindi, Urdu, Spanish

Sara Beg (she/her)

Sara Beg, MA, LPC, NCC, is a licensed professional counselor offering virtual therapy across Texas, Michigan, and Florida. She specializes in anxiety, depression, trauma, racial identity, life transitions, and perinatal mental health. Sara works with children, teens, and adults, using a culturally sensitive and trauma-informed approach grounded in EMDR, Brainspotting, CBT, psychodynamic therapy, and solution-focused techniques. With a warm and collaborative style, she helps clients untangle internalized expectations, build healthier patterns, and reconnect with their authentic selves. Fluent in English, Hindi, Urdu, and Italian, Sara creates inclusive, affirming spaces for healing.

Location: Virtual therapy available in TX, MI, and FL
Phone: (832) 365-4918
Languages: English, Hindi, Urdu, Italian

Vinata Iyer (she/her)

Vinata Iyer, LPC, is a licensed professional counselor based in Clarkston, Michigan, offering in-person and virtual therapy for individuals, couples, and families. With a warm, compassionate, and culturally sensitive approach, she supports clients across the lifespan through challenges like anxiety, depression, trauma, life transitions, and relationship issues. Drawing from a diverse therapeutic toolkit—including CBT, emotion-focused therapy, existential therapy, and mindfulness-based interventions—Vinata helps clients gain insight, strengthen coping skills, and move toward healing. Fluent in English, Hindi, and Urdu, she is passionate about working with multicultural and LGBTQIA+ communities.

Location: In-person and virtual at 6548 Town Center Drive, Suite D, Clarkston, MI 48346
Phone: (947) 300-5798
Languages: English, Hindi, Urdu

Rohini Kamakoti (she/her)

Rohini Kamakoti, MS, MA, LLP, is a limited licensed psychologist based in Rochester Hills, Michigan, offering virtual therapy for adults and older adults. With over 23 years of experience, she specializes in mood disorders, anxiety, and depression, and is trained in psychoanalytic, psychodynamic, humanistic, CBT, and DBT approaches. Rohini’s warm, client-centered style supports both short-term goals and long-term emotional growth. Fluent in English, Hindi, and Telugu, she brings a multicultural lens to her work and is passionate about empowering clients through life’s challenges.

Location: Virtual therapy, based in Rochester Hills, MI 48309
Phone: (947) 888-9850
Languages: English, Hindi, Telugu

Indira J. Hall (she/her)

Indira J. Hall, MA, MEd, LMSW, is a seasoned clinical social worker with over 40 years of experience supporting clients across the lifespan—from young children to older adults. Based in Waterford and Royal Oak, Michigan, she specializes in family conflict, depression, addiction, and trauma. Indira brings a multicultural lens to therapy, drawing from her background in India and education in child development, education, and clinical social work. Her integrative approach includes CBT, DBT, mindfulness, family systems, play therapy, and psychoanalytic methods. Fluent in English and Hindi, she creates a supportive, culturally informed environment for healing.

Location: In-person and virtual
4523 Highland Road, Suite 100, Waterford, MI 48328
Holistic Social Services, 220 S. Main St., Royal Oak, MI 48067
Website: [Not listed]
Email: [Not listed]
Phone: (248) 470-3003
Languages: English, Hindi

Devina Smith (she/her)

Devina Smith, LPC, MBA, MA, is a licensed professional counselor based in Bloomfield Hills, Michigan, specializing in early childhood trauma and its lasting impact into adulthood. She helps clients explore attachment wounds, emotional dysregulation, and relationship challenges through a compassionate, insight-driven approach grounded in psychotherapy, humanistic theory, and psychoanalysis. Devina works with individuals, couples, and families, offering culturally sensitive care informed by her South Asian background. Fluent in English, Hindi, and Marathi, she creates a warm and supportive environment where clients feel empowered to heal and grow.

Location: In-person and virtual at Therapeace Michigan, 4190 Telegraph Road, Bloomfield Hills, MI 48302
Phone: (248) 560-6478
Languages: English, Hindi, Marathi

Jana Al-Nahhas (she/her)

Jana Al-Nahhas, MS, LPC, is a licensed professional counselor providing virtual therapy in Michigan and Illinois. With a decade of experience, she specializes in anxiety, trauma, and coping skills, working from a trauma-informed, culturally conscious, and values-based approach. Jana integrates CBT, ACT, DBT, psychodynamic, and somatic therapies to help clients align their lives with their core values, build emotional resilience, and process shame and past adversity. Fluent in English and Arabic, she creates a compassionate and inclusive space for individuals, couples, and groups to heal and grow.

Location: Online therapy in Michigan and Illinois

Phone: (248) 283-4468

Languages: English, Arabic

Vietnamese**Carolyn Thao Phan (she/her)**

Carolyn Thao Phan, LMSW, is a licensed therapist in Michigan with over 20 years of experience specializing in anxiety, grief, depression, and trauma. Fluent in English and Vietnamese, Carolyn offers culturally attuned therapy for BIPOC individuals navigating identity struggles, family dynamics, intergenerational trauma, and life transitions. Her approach integrates Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), Polyvagal Therapy, the Safe and Sound Protocol (SSP), and Flash EMDR. She also offers Walk and Talk Therapy, creating space for grounded healing and self-discovery. Carolyn is passionate about supporting adult children of immigrants, oldest daughters, and empty nesters on their journey toward resilience and authenticity.

Location: Virtual and in-person therapy in Michigan

Website: brightspottherapy.com

Languages: English, Vietnamese

Specialties: Anxiety, grief, BIPOC issues, trauma, intergenerational healing