

## Kayla Blotner, LMSW, Offers Compassionate Mental Health Support Through Creative, Client-Centered Care Approaches Now

Dedicated Social Worker Combines Evidence-Based Therapy, Telehealth Services, and Inclusive Community Initiatives to Empower Children, Adolescents, and Adults Facing Emotional and Behavioral Challenges



compassionate and dedicated Licensed Master Social Worker committed to helping children, adolescents, and adults navigate emotional, social, academic, and behavioral challenges through personalized and supportive mental health care. With specialized experience supporting individuals affected by anxiety, autism, ADHD, depression, and neurological disorders, Kayla has built a reputation for creating therapeutic environments where clients feel heard, understood, and empowered to grow.

Guided by empathy, creativity, and a genuine passion for helping others, Kayla combines evidence-based therapeutic practices with individualized interventions tailored to each client's unique needs and goals. Her work emphasizes collaboration, emotional support, and practical skill-building, allowing clients to develop confidence, resilience, and healthier coping mechanisms.

Kayla earned her Master of Social Work Degree from Ramapo College of New Jersey, where she graduated with a strong academic foundation and extensive practical training in therapeutic interventions and client care. She also holds a Bachelor of Arts in Sociology and Human Services from the State University of New York at Oneonta. In addition to her Licensed Master Social Worker certification in New York State, Kayla holds certifications in Youth Mental Health as well as CPR and Basic First Aid, strengthening her ability to support individuals across a wide range of settings and circumstances.

Throughout her professional career, Kayla has gained valuable experience working in schools, nonprofit organizations, behavioral health programs, and private practice environments. She currently provides Telehealth psychotherapy services through Comprehensive Counseling, Insightful Paths, and Southern Dutchess Behavioral Group, where she works with clients ranging from young children to adults. Her clinical responsibilities include treatment planning, individual and family therapy, and implementing therapeutic interventions such as Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), mindfulness techniques, art therapy, and play therapy.

These approaches allow Kayla to help clients strengthen emotional regulation, communication, coping skills, and self-awareness while promoting long-term emotional well-being and personal growth.

“What I enjoy most about my work is getting to help all these people. It's not just your average office job where you're sitting behind a computer – I get to talk to people all day long, listen to their problems, and help them. Just watching them make all the progress is very rewarding,” says Kayla. “I've always been somebody who wants to help other people, even as a kid, so it's just so strongly engraved in my nature. Between that and being a very friendly, outgoing person, I'm able to build rapport with clients pretty quickly. I don't just tell them what to do – I like to help them help themselves and give them all the tools that they need. We're able to really work together to help them, and that's what makes it so fulfilling.”

Prior to her current clinical work, Kayla served with respected organizations including Saint Dominic's Family Services, Prime Time for Kids, Clarkstown Central School District, and Rockland Jewish Family Service. These roles provided her with extensive experience supporting students, families, and individuals with autism spectrum disorders and developmental challenges. She facilitated individual and group counseling sessions, social-emotional learning activities, and therapeutic programs focused on promoting communication, independence, confidence, and positive social interaction.

Beyond her clinical responsibilities, Kayla is passionate about fostering inclusion, connection, and emotional support within broader communities. Since 2018, she has hosted “Kabecca Survivor,” an online reality game community specifically designed for individuals living with autism, ADHD, anxiety, depression, Tourette's syndrome, and related conditions. Through this innovative platform, participants from around the world are encouraged to build teamwork, communication skills, confidence, and

meaningful social connections in a safe and supportive environment.

Through her clinical expertise, creative therapeutic methods, and unwavering dedication to empowering others, Kayla Blotner continues to make a meaningful impact in the lives of individuals and families seeking compassionate mental health support and authentic human connection.

### **Learn more about Kayla Blotner:**

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/kayla-blotner>

### **America's Best in Medicine**

America's Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

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