

Christine M. Kayga, MA, LPC: Licensed Professional Counselor at Wildflower Reflection Counseling

Providing Client-Centered Therapy for Adults and Seniors Navigating Anxiety, Depression, Trauma, and Life Transitions



Colorado Springs, Colorado Jun 1, 2026 ([Issuewire.com](https://www.issuewire.com)) - Christine M. Kayga, MA, LPC, is a Licensed Professional Counselor based in Colorado Springs, Colorado, who provides individual therapy services to adults and seniors. With over three years of experience in private practice through Hope

Mountain Behavioral Health, Wildflower Reflection Counseling, and a prior background in school counseling, she specializes in helping clients navigate anxiety, depression, trauma, family and relationship challenges, and major life transitions.

Christine's therapeutic work is centered on helping individuals develop clear, personalized goals while building resilience, self-confidence, and long-term emotional well-being. She takes an integrative and client-centered approach to counseling, drawing from Person-Centered Therapy, Solution-Focused techniques, Cognitive Behavioral Therapy (CBT), and mindfulness-based practices to tailor treatment to each client's unique needs.

Her clinical style emphasizes practical skill-building and real-world application. Christine incorporates techniques such as role-play, exposure-based interventions, communication training, and coping strategy development to help clients strengthen emotional regulation, set healthy boundaries, and navigate interpersonal challenges more effectively. She prioritizes creating a safe, supportive, and empowering therapeutic environment where clients feel heard, respected, and encouraged throughout their healing process.

"What I enjoy most is helping individuals create meaningful change in their lives and supporting them in achieving their best mental health. Being able to guide clients through challenges, witness their growth, and see them gain resilience and confidence is incredibly rewarding. My work allows me to combine clinical knowledge with creativity to provide personalized care that truly meets each person's needs," Christine shares.

Before entering private practice, Christine spent six years working as a school counselor, where she focused on emotional regulation, interpersonal development, and behavioral support for students from diverse backgrounds. This experience strengthened her ability to support individuals across different life stages and deepened her understanding of emotional development, communication patterns, and coping mechanisms.

Christine earned her Master of Counseling Degree from the University of Colorado, Colorado Springs, and her Bachelor of Arts in Psychology from Bemidji State University. Her academic background, combined with her hands-on clinical experience, provides a strong foundation for her evidence-based and empathetic approach to mental health care.

In her current practice, Christine remains committed to fostering collaboration within the therapeutic process. She works closely with clients to explore their personal histories, identify goals, and use structured assessments and guided conversations to inform treatment planning. Her approach supports both short-term symptom relief and long-term personal growth.

Christine's counseling style is warm, empowering, and appropriately challenging, encouraging clients to develop insight while also taking actionable steps toward change. She believes therapy should be both supportive and practical, helping individuals build the tools they need to manage difficulties independently over time.

Through her client-focused approach and commitment to individualized care, Christine M. Kayga continues to help adults and seniors strengthen emotional resilience, improve mental health outcomes, and move toward more fulfilling and balanced lives.

Learn more about Christine M. Kayga:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/providers/christinem-kayga>

America's Best in Medicine

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