

Katelyn M. Cable, M.A., LLP: Founder of Clear Mentality Counseling Advancing Compassionate Mental Health Care

Licensed Limited Psychologist Helps Individuals, Couples, and Families Build Resilience, Strengthen Relationships, and Create Meaningful Change Through Evidence-Based Therapy



Rockford, Michigan Jul 16, 2026 ([Issuewire.com](https://www.issuewire.com)) - Katelyn M. Cable, M.A., LLP, is a Licensed Limited Psychologist and the Founder of Clear Mentality Counseling in Grand Rapids, Michigan, where she provides compassionate, evidence-based psychotherapy designed to help individuals and couples

overcome challenges, strengthen relationships, and improve their overall emotional well-being.

With more than 11 years of clinical experience, Katelyn has built her practice around creating a safe, collaborative, and affirming environment where clients feel heard, understood, and empowered. Through personalized care and a strong emphasis on connection, she helps adolescents, adults, and couples navigate emotional, behavioral, and relationship concerns while developing the tools needed for lasting growth.

Katelyn earned her Master of Arts in Counseling Psychology from Western Michigan University and her Bachelor of Arts in Psychology from Michigan State University. She began developing her clinical expertise through her practicum at the Ferris State University Student Counseling Center, where she provided supervised counseling services involving assessment, treatment planning, crisis intervention, and interdisciplinary collaboration. These early experiences established the foundation for her thoughtful, client-centered approach to mental healthcare.

As the Founder and Licensed Limited Psychologist at Clear Mentality Counseling, Katelyn specializes in supporting clients experiencing anxiety, depression, trauma, grief and loss, relationship challenges, emotional regulation difficulties, and major life transitions. She provides individual psychotherapy, couples counseling, clinical assessments, and trauma-informed treatment through both in-person appointments and secure telehealth services throughout Michigan.

Her therapeutic approach incorporates a range of evidence-based modalities, including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT) principles, Internal Family Systems (IFS), Attachment-Based Therapy, Gottman Method Couples Therapy, and Brainspotting-informed trauma treatment. By tailoring treatment to each individual's needs and experiences, Katelyn helps clients better understand themselves, develop healthier coping strategies, and create more fulfilling relationships.

"I just love people, and I'm passionate about how when people feel loved and accepted and have a sense of belonging, they function best," says Katelyn. "That is what's best for society, so I look at things through a systems perspective also. It is just better for all of us when all of us feel better and connected. I get really inspired by people living their best lives and having their best people close to them."

A key focus of Katelyn's work is trauma-informed and relationship-centered care. She believes that meaningful healing occurs when individuals feel safe, valued, and supported. Through therapy, she helps clients build emotional resilience, improve communication, strengthen personal connections, and break patterns that may be limiting their ability to thrive.

Katelyn is also committed to providing LGBTQ+ affirming care and creating an inclusive therapeutic environment where clients can openly explore their experiences without judgment. She works with individuals and couples from diverse backgrounds, approaching each therapeutic relationship with compassion, respect, and understanding.

Beyond direct client care, Katelyn collaborates with physicians, psychiatrists, schools, attorneys, and other healthcare professionals to support a comprehensive approach to mental health and wellness. Her commitment to ethical practice, professional collaboration, and continued learning reflects her dedication to providing the highest standard of psychological care.

Driven by the belief that lasting transformation begins with feeling seen, heard, and understood, Katelyn M. Cable continues to make a positive impact through Clear Mentality Counseling. Her dedication to

individualized treatment, compassionate support, and evidence-based therapy helps clients discover their strengths, navigate life's challenges, and build emotionally healthier futures.

Learn more about Katelyn M. Cable:

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

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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