Kelly received her MA in Counseling from Oakland University and is a licensed professional counselor in the State of Michigan. Kelly's client-centered approach incorporates a variety of clinical styles, including cognitive, behavioral and solution-focused techniques. She works with individuals with anxiety, depression, grief and loss, relationship issues and life transitions.  Before working with Healing Hearts and Minds, Kelly facilitated support groups at Gilda's Club of Metro Detroit for people diagnosed with cancer and their family members.