

SHOW NOTES

About Nayla | Nayla Festa is a Licensed Professional Counselor specializing in trauma work, such as EMDR and DBT, with third culture adolescents and families. Nayla is bilingual (English and Spanish). She delights in working with her clients to identify concerns in the teen and parent's life that are causing obstacles in daily functioning. Clients see her specifically for issues like: family trauma (such as domestic violence, abuse or divorce), identity confusion, self esteem issues, parenting, communication issues, depression, anxiety, etc. Nayla offers individual and family therapy, including parenting and group work, from a trauma-informed lens to promote healing. In addition, Nayla holds a Master's Degree in Clinical Mental Health Counseling from Denver Seminary and loves volunteering for Cherry Creek Pres. Her clinical experience comes from her years of work at a child and family community mental health center. She also has years of experience from non-profit work for kids experiencing parental loss. Most importantly, Nayla loves God and loves others. It would be her honor to get to know you and your concerns. Sometimes raising adolescents in a culture other than what you were raised in is confusing and frustrating. If you would like to contact Nayla please reach out the Kids Ministry Team.