

Lyla Mills Bio:

LYLA MILLS, LMSW

Masters in Social Work



Lyla Mills, Licensed Master Social Worker, helps facilitate healing, growth, and discovery of self through a compassionate approach to therapy. She frequently uses ACT, DBT, attachment-based, and Rogerian approaches, but also adopts an integrative method to tailor therapy to individual and couples' needs. Lyla works with adolescents, adults, families, and couples, specializing in adoption/foster care, relationship issues (codependency, attachment, narcissism, etc.), relationship conflict, self-esteem, life transitions, trauma, and disordered eating behaviors. When it comes to couples, Lyla works with those dealing with infidelity, life stressors affecting the relationship, or those seeking re-alignment, conflict resolution skills, or an increase in emotional and physical intimacy.

Lyla holds a B.A. in Criminal Justice from the University of Alabama and an MSW from Louisiana State University. As an international adoptee, she has presented at several adoption-related conferences and camps. Lyla enjoys psychoeducation & has experience with creative, fun presentations at several schools. She has experience interning in an eating disorder facility as well.

She is a Certified Mindfulness Informed Professional, Certified Anxiety Informed Professional, and Certified Child and Adolescent Trauma Professional. Lyla has completed specialized training in Gottman Method Couples Therapy, EFT, and Narcissist Abuse Treatment, among others. Lyla is practicing under the clinical direction of Erica Gregory and the supervision of Caylin Broome LCSW and Ann Pearl LCSW.