



DR. *Kenyua*
GASH

Press Kit

PSYCHOTHERAPIST | TRAUMA EXPERT | AUTHOR

MENTAL HEALTH CONSULTANT

SPEAKER | TRAINER

KENYUATIA

Mental Health Matters *to me!*

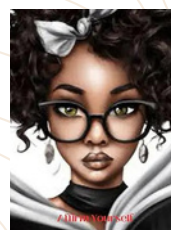
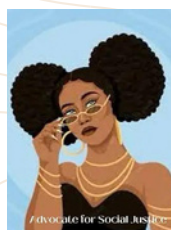
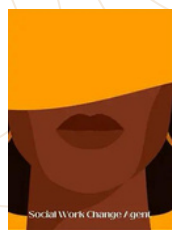
With a dedicated tenure spanning nearly 20 years in the psychotherapy realm, Dr Gash has honed her expertise in trauma, PTSD, and a comprehensive array of mental health disorders and stands as the foundation and visionary behind KL Gash & Associates, LLC. Serving as its CEO and Senior Clinical Director, she has become a beacon for professional development and extends her expertise into areas of clinical supervision, mental health consultations, trainings and transformative business and professional coaching services.

A cornerstone of Dr Gash's practice is her dedication and commitment to empower Black Women grappling with deep-seated issues of rejection, low self-esteem, and self-acceptance, often arising from the shadows of father absenteeism and emotionally-abusive mothers. At her core, Dr. Gash embodies the ethos of Strengthening, Empowering, and Transforming her clients into a realm of Freedom, Wellness, and Harmony!

Featured On



Published Work



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How We Can Work Together

Business Consulting

Whether you're a new business or looking to revamp, I look to tackle organizational challenges, enhance team dynamics, and elevate leadership effectiveness.

Clinical Consultations

As a mental health consultant I offer my clinical expertise to my clients who are seeking understanding, managing, and promoting psychological well-being.

Trainings

My clinical trainings offer actionable insights and strategies, bridging the gap between academic theory and real-world practice.

Speaking Engagements

My speaking engagements combine psychotherapy insights with modern communication to offer a fresh take on human behavior and motivation.

In less than two months of working with Dr Gash, I achieve amazing results in launching my business. Dr Gash is very knowledgeable about business strategies. Her cutting-edge approaches and charismatic personality was a sure fit for me. Dr. Gash is a motivator, encourager, and leader. Without her guidance and expertise, I would likely be stagnant in my business

Brittany Morgan, Co-CEO of BCN Network

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I had the pleasure of meeting Dr. Gash at the first future rich aunties business shower in 2022. She was a guest speaker at the event and spoke about mental health and the importance of being open and honest about it. She shared her story of opening her own practice and inspiring women to be open about their mental health and how it has helped them.

Dr. Gash is incredibly passionate and knowledgeable in her field and I can truly say she has made a difference in the lives of many women. She is a great example of how the power of self-awareness and self-care can transform and help you reach greater heights. I highly recommend Dr. Gash to anyone looking for a mental health professional.

Sylvia Glanton, Business Coach & Founder of Future Rich Aunties



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Media Kit

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