



Kathryn Mills

Kathryn is a graduate student in the last year of her program. She is pursuing a master's degree in clinical mental health counseling through Liberty University. She received a bachelor's degree from Colorado State University in 2002 and was commissioned in the Army through the Reserve Officers' Training Corps. She then served on active duty for four years, after which she resigned her commission to spend more time with her family. Her husband has been in the Army for 21 years, and they have also been married for 21 years. This is their second time living in the Columbus area. They have four children, ranging in age from early elementary to college. Kathryn and her family enjoy outdoor activities and traveling together. They have lived overseas for a total of eight years in London, UK and Japan and all love to explore new places and appreciate diverse cultures. Kathryn likes to spend her free time reading fiction, gardening, and cooking. The family has a goldendoodle and an orange cat who both bring them a lot of joy.

For the past 12 years, Kathryn has enjoyed sharing her passion for yoga with clients as a certified yoga teacher. She has taught in studios, for military members at the USO, in schools, in a cross fit gym, and on the beach. Kathryn is passionate about the mind body connection and the wellness aspect of mindfulness practices. She looks forward to bringing a holistic approach to working with clients and pursuing more education in the clinical application of mindfulness.

Kathryn looks forward to working with individuals, couples, young adults, military families, and servicemembers. She plans to use solution focused therapy, cognitive behavioral therapy, and mindfulness techniques.