

Cauley & Associates



5670 Wilshire Boulevard, Suite 1800, Los Angeles, CA, 90036

5.0 ★★★★★ | 93 Reviews | 80 ❤️

Psychotherapist, Counseling & Mental Health, Marriage Counseling

About us

Cauley & Associates, Inc. began its group practice in 2004. Our mission is to help others help themselves by providing positive outcomes contributing to hope, growth and those 'aha' moments. Within our practice, we provide psychotherapy and counseling services for a wide range of issues in everyday living. We strive to provide positive outcomes and personalize services in a supportive, confidential and safe environment. Therapeutic services are offered to individuals and couples.



These reviews are from verified customers of this business.

★★★★★ **Featured**

First Time at Therapist

This was my first visit to a therapist. I was immediately put at ease! The appointment process and the speed of seeing someone was so easy! I wasn't sure what to expect but the therapist was nothing short of wonderful! Highly recommend this group!

Jul 12, 2020

Customer since Jul 2020

★★★★★

Fantabulous counseling

Great support and counseling from a superb therapist Mrs. Shaleah Woods is a good listener and positive influence. I have learned many techniques on dealing with daily life issues in the most positive ways... Thankfully grateful for Cauley & Associates 🙏❤️👉

Jul 19, 2021

Customer since Nov 2019

★★★★★

My experience

Therapy has been so worth it for me. It's an investment that I'll forever be grateful for thanks to Michelle. She has helped me navigate through life in my twenties and now thirties by doing the work to become a better version of myself.

Jul 2, 2021

Customer since Aug 2017

★★★★★

Being myself

I am writing this review because I have been coming here for sometime now and I must say i had so much anxiety going in because I didn't know what to expect from this. When I met my therapist I thought he was going to judge me and brush me off like previous therapist has done. Since I have been coming to him he has been engaging in our visits and he tells it like it is. He doesn't tell me what I want to hear. I am able to be myself and he makes a way of me learning who I am.

May 14, 2021

Customer since Feb 2020

**Shaleah**

Shaleah is amazing. She is so empathic during our sessions but also challenges me and helps me grow as a person.

Apr 2, 2021

Customer since Oct 2020

**Always listens**

Hello! The therapist that I see allows me to be just myself. He allows me to let it all out and he doesn't judge me even after hearing what I have to say. The most important thing for me is that he listens and he doesn't tell me "I know what your going through" or "I understand what your going through". I have seen therapist before in the past, none of them listened to what I had to hear. Thank you for being there for me.

Mar 12, 2021

Customer since Feb 2020

**Initial phone session**

I had my first counseling session over the phone with Will Stoles. I didn't know what to expect. I was pleasantly surprised with my experience. He called on time and spent time asking thoughtful questions and actively listening. His feedback was perceptive and helpful. I had a great experience and felt more hopeful after we spoke. I would happily recommend this service to others.

Feb 1, 2021

Customer since Jan 2021

**Dr. Woods is wonderful**

I was in a very difficult time of my life. First time experiencing high anxiety, fear, depression, emotional pain, disappointment and a legal dealing a custodial battle inside a rotten family judicial system. Dr. Woods is not the typical mental health professional who only listen blah blah that make people feel more empty and only want to go to a friend for a coffee (who will make feel better). She is active, interacts, understand, guides, educates, and makes see problems and solution

Jan 20, 2021

Customer since Feb 2020

**Excellence of customer service**

This was remarkable!!! Can't wait to continue on with the path of empowerment and enlightenment. This is my first step of correcting a wrong that my spouse and I were experiencing for 15 years. It is very difficult because we have to be uncomfortable to be comfortable, so on the verged to be separated or divorced, we want to thank you for given us a chance for change.

Jan 9, 2021

Customer since Dec 2020

**Great First Appointment!**

I was connected to this office through my employer. So far I've only had one appointment. The therapist I spoke with was able to go waaaaaaay further in an hour than I thought we would in the first few appointments! She was professional, attentive and engaging. I'm looking forward to the rest of our appointments!

Dec 14, 2020

Customer since Dec 2020

**Kind, caring professionals**

I have been in search of the right professional to help guide me through personal challenges. The search itself had only been more stressful to the point it did not feel worth pursuing further. Thankfully, I was given a referral to Cauley & Associates and from my initial contact to my first consultation I knew I was in professional, competent hands. Michelle Cauley is a gifted therapists who ensures you have the support and resources you need to progress through your healing process.

Dec 6, 2020

Customer since Nov 2020

★★★★★

Great experience

My experience with Cauley & Associates was very good. My LCSW, Noah Kaplan, was a big help and a great support system. I utilized the video calls because of COVID and it was very easy to use.

Nov 27, 2020

Customer since Sep 2020

★★★★★

Best Therapy Ever

I haven't had great experience with therapy in the past. As a black woman, I was struggling with the conversation we're having about race in the country and was willing to try therapy again with a black therapist. Shaleah Woods was everything I hoped for. She encouraged me, supported me, and guided me to making decisions that worked best for my healing journey. So grateful for the experience and highly recommend.

Nov 16, 2020

Customer since Jun 2020

★★★★★

Very good

Heidi has been very helpful in teaching me mindfulness and taking in the good. This changes the narrative in my head from what is missing to what is good. Having gratitude is very useful .

Nov 12, 2020

Customer since Jun 2020

★★★★★

Kept it REAL.

I met with Akilah and she was who I needed. She laid out what she needed to in the beginning and then got right to work. Akilah listened intently, asked questions and was engaged the entire time. I can ramble - especially because I feel like no one ever really hears me. She did. By the end of the call I knew I had someone I could be honest with and that's what I need now more than ever.

Oct 23, 2020

Customer since Oct 2020

★★★★★

VERY HELPFUL

Very helpful session where I felt like I could talk and be heard. Highly recommend using Cauley & Associates.

Sep 16, 2020

Customer since Sep 2020

★★★★★

Relieved first time patient

I was so relieved to get the help I needed from Will at Cauley & Associates. He helped me slowly get back to being myself again. I was comfortable opening up about all of my thoughts and our sessions always made me feel better than I felt before we started.

Jul 30, 2020

Customer since Mar 2019

★★★★★

**I love Michelle!**

I would recommend her to ANYONE, she is phenomenal, understanding, and offers advice no matter what situation I am in. Go see Michelle!!! I have been with her since 2018

Jul 15, 2020

Customer since Jan 2018

**Great first session!**

Excited to continue. Dr. Woods is a great listener, authentic, and asks great questions. I feel very supported.

Jul 10, 2020

Customer since Jun 2020

**First therapy session**

I'd never had therapy before and didn't know what to expect. Michelle made me feel really comfortable. Her suggestions were practical and easy to understand. Looking forward to my next session.

Jun 24, 2020

Customer since Jun 2020

**Noah Kaplan's Insights have been life-altering**

Noah is kind, empathetic, and deeply insightful. He unearths the thread that links multiple challenges back to a single issue. His extraordinary insights led to breakthroughs after only a few sessions. In addition to analyzing issues in an incisive and grounded manner, he makes practical suggestions that have brought me to further breakthroughs. Also, I feel his sincere empathy and compassion. He does not see me as just another client. He truly cares. I feel so fortunate to be working with him.

May 24, 2020

Customer since Mar 2020

**I have known Michelle before I had my daughter who is now 12 and she is the best!**

Michelle is caring and thoughtful and relatable. She listens with interest and has real-life strategies for helping you reach and maintain success in your life. I have recommended her many times.

May 23, 2020

Customer since May 2020

**My sessions with Will Scoles are helpful, enjoyable, and feel like a safe haven.**

It helps to have Will break down what feels like complex and insurmountable thoughts in my head and I feel more confident when focusing on the smaller parts.

May 22, 2020

Customer since May 2019

**Akilah Bakeer is the perfect therapist for me!**

Akilah has "it": she listens, is interested, and picks up on what you're saying, providing just the context you need to understand the issue the way you have always needed to all your life! Would recommend to her everyone.

May 13, 2020

Customer since Dec 2018



My therapist Michelle is the best and most compassionate person

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I would recommend Michelle to anyone wishing to have a dedicated and caring therapist. Her ability to listen with empathy is wonderful. Her advice and suggestions are truly insightful and helpful. Michelle has really helped me during some very difficult and sad times in my life.

Apr 21, 2020

Customer since Apr 2020

**Chat with a Therapist goes a Long Way!**

The time I had to share my concerns was well spent and impacted my family and myself in a positive way!

Apr 20, 2020

Customer since Apr 2020

**Therapy**

It is great that I am able to discuss my concerns with someone that will help me to find ways of coping

Mar 30, 2020

Customer since Mar 2020

**Comforting and Welcoming**

Any new therapist office experience can be nerve-racking. Where do I park? What building, floor and hallway is it located in? Thank goodness that those issues were not issues at all. I had all the information I needed well-prior to my appointment. Upon arriving, the reception area was calming. I felt welcome. My experience with my therapist was equally comforting. I wasn't rushed, I was listened to, and I felt like my struggles mattered.

Feb 26, 2020

Customer since Feb 2020

**Supportive and Helpful Counseling Session**

I met with Ms. Shaleah Woods. It was the first time in my life I had counseling. I was a bit nervous and hesitant, but Ms. Woods put me at ease. She created a warm and supportive environment. Soon I was sharing my concerns, fears, and trepidations. She let me tell my story at my pace, including digressions. There was no judgment nor pushing me to a focal point in the story. Eventually, she shared her reaction and I left feeling better about myself and life.

Jan 28, 2020

Customer since Jan 2020

**helhpfull**

I think it will help me on the first appointment, I realized more about my personal life, and hopefully I will will get the result I wanted for seen the theraphys, I will hope that I will get more information from her to go to other places for group therapy one I am done with this program

Dec 5, 2019

Customer since Nov 2019

**Initial Consultation**

My initial consultation with LCSW Akilah Bakeer-Pullum was great. Although the session was mainly regarding intake information, I was able to briefly get some things off my chest. Akilah made me feel comfortable while expressing myself. I'm looking forward to beginning my sessions.

Sep 17, 2019

Customer since Sep 2019

**Family crisis**

Excellent service. Michelle made me feel comfortable and relaxed. I will recommend Cauley and Associates to family members and friends if needed.

Aug 13, 2019

Customer since May 2018

**Personal Counselling On Tenant/Landlord Issues Impact Work Performance**

I believe Cauley & Associates provide an excellent services because by providing CONFIDENTIAL SERVICES AND TALKING TO EMPLOYEES ON PERSONAL ISSUES and giving professional advises can release a mental deadlocks in some cases. Sometimes the solution may be SIMPLE but this very simple solution may not be available (Not seen) to the employee affected by stress until he/she talk to counselor services from Cauley & Associates. In America we have a saying "DEVIL IN THE DETAILS" advise = details

Aug 1, 2019

Customer since Feb 2019

**Listening and Compassion**

I had a very positive experience when I went to C&A yesterday. Shaleah did a good job of listening to me fully with no body language or comments that made me feel any judgement on her part. She asked the right questions to get me to bring up important issues related to my issue that I had never thought of. She treated me with compassion and empathy and for those reasons my first visit so far felt very productive.

Jul 21, 2019

Customer since Jul 2019

**Awesome First Visit**

Just had my 1st appointment! Was very comfortable and felt welcome. Incredible service and care! :-)

Jul 11, 2019

Customer since Jul 2019

**Patient**

I am pleased with the level of counsel I was given. I Have gained practical coping skills and guidance.

May 31, 2019

Customer since Mar 2019

**Great so far**

Hi, I've been seeing my therapist Akilah for 3 sessions now, and so far so good! I love that she has flexibility on the weekends and after '9-5' hours. I would definitely recommend to others.

Apr 24, 2019

Customer since Mar 2019

**Akilah**

Sessions with Akilah have been amazing. She's super friendly and down to earth. I'm able to go into a comfortable space and not feel judged. I always come out in a better mood than when I came in. She helps me to think about what's happening in my life or what's happened in a way that I wouldn't have thought.

Apr 2, 2019

Customer since Jan 2019



Video sessions

Very pleased with Will as therapist. Helping with mindfulness, sleep, grief and anxiety issues currently. Professional and gives ideas to focus on in between therapy.

Mar 22, 2019

Customer since Feb 2019



Michelle

I was referred to Michelle through the LifeWorks program with my job. Everytime I leave her office, I feel better and have more clarity. She always provides great takeaways and actionable steps to resolve whatever issues I have. I just wished she took insurance. Other than that, I highly recommend her if you are on the hunt!

Mar 7, 2019

Customer since Sep 2017