

NOVEMBER 6, 2025



HELPING WEST MICHIGAN HEAL AND GROW—TOGETHER



BY: SARAH MARILYN

For more than four decades, Psychology Associates of Grand Rapids (PAGR) has been a trusted part of the West Michigan community—quietly helping generations of families navigate life’s challenges with compassion, professionalism, and heart.

What began over 45 years ago as a small group of like-minded clinicians has evolved into a thriving, close-knit practice with multiple locations and a shared mission: to help people heal, grow, and reconnect—with themselves and with others.

“We’re in the business of relationships,” says Dr. Brett May, who has been part of the practice’s leadership for decades. “That’s what keeps us grounded. Our relationships with each other and with our clients are what make this work so meaningful.”

INDUSTRY INNOVATION >



EXPERIENCED, COMPASSIONATE CLINICIANS

Among PAGR’s highly regarded providers are Dr. Brett May, who integrates cognitive and behavioral techniques with insight-oriented therapy to help clients build resilience; Dr. Craig De Witt, whose flexible, relational approach supports teens, adults, and couples through life’s transitions; Ann Leasher, who brings nearly three decades of experience helping adults navigate depression, anxiety, grief, and addiction with empathy and clarity; and Pete Frommeyer, who combines evidence-based practices with a warm, collaborative style to help clients develop practical tools for lasting emotional well-being.

They are joined by a dedicated team of licensed psychologists, therapists, and support professionals—each bringing their own specialties, perspectives, and personal commitment to the practice’s shared mission.

A CULTURE ROOTED IN CONNECTION

Longevity is something the PAGR team takes pride in. Many clinicians have been with the practice for decades—some for 20 or even 30 years—creating a deep sense of trust, stability, and continuity. That connection extends beyond the therapy room. Whether it’s the spring retreat, a fall picnic, or the annual holiday party complete with a pumpkin carving contest, the PAGR team values time together and the laughter that comes with it.

“Laughter is good medicine,” Pete Frommeyer shared. “It reminds us why we love what we do. When we’re connected as a team, we show up stronger for our clients.”





MANY VOICES, ONE MISSION

Behind the doors of Psychology Associates of Grand Rapids is a team united by purpose—each clinician bringing their own strengths, specialties, and style, yet all guided by the same philosophy of compassionate, relational care. The practice's blend of experience and collaboration ensures clients receive the benefit of both individual expertise and a collective commitment to their well-being.

"We have a diverse team with different areas of focus, but we share one mission: to provide care that truly helps people heal and grow," says Dr. Craig De Witt. "That's what connects us."



BEST PRACTICES COLLABORATIVE, COMPREHENSIVE CARE

The clinicians at PAGR offer an impressive range of specialties and experience, providing care for children, adolescents, adults, couples, and families. Their services include psychotherapy, psychological and school assessments, medication management, and consultation across a broad spectrum of needs—from anxiety and depression to ADHD, trauma recovery, relationship concerns, and chronic illness support.

Clients benefit not only from their clinician's individual expertise, but also from the collaborative approach the practice is known for. Team members regularly consult with one another, sharing insights and strategies to ensure each person receives thoughtful, well-rounded care.

"When someone calls, we want them to know they'll be seen and supported quickly," says Ann Leasher. "We make space for people. That matters."

CONTINUING A LEGACY OF CARE

Today, PAGR continues to grow while maintaining the same values that have guided it since the beginning: collaboration, compassion, and connection. The team's strength lies not only in their expertise, but in the care they extend—to each other and to every person who walks through their doors.

"We've built something special here," says Dr. May.

"We're proud of our history, our people, and the relationships that have sustained us. Helping people heal and grow—together that's what this practice has always been about."

