

Introduction for Students and Families

Hi, I'm Ashley Phillips, LCSW!

I'm a Licensed Clinical Social Worker, and I have spent much of my career working with adolescents in residential treatment. While I have served in clinical leadership, my favorite part of this work is being in the room with students and their families, helping them navigate the challenges that bring them into therapy.

My Approach: Direct and Honest

I am a direct therapist. I believe in being honest with you, even when that means having uncomfortable conversations. My goal is for you to feel heard and understood, but I will also challenge you to look at your choices, patterns, and behaviors from different perspectives. I don't expect perfection—I am much more interested in helping you understand what is happening underneath the surface and figuring out how to move forward together.

What We Might Do in Therapy

Therapy with me is not just sitting and talking for an hour. I use several different tools to help you express what you are experiencing:

- DBT (Dialectical Behavior Therapy): Skills for emotional regulation, distress tolerance, and mindfulness.
- Brainspotting: A specialized approach to processing trauma and deep-seated emotions.
- Sandtray Therapy: A creative way to represent and work through internal dynamics.
- IFS (Internal Family Systems): A way to understand and work with different parts of the self to promote healing and harmony.

I am also informed in Structural Family Therapy, ensuring that parents and siblings are supported alongside the student. I value honesty, connection, and growth, and I look forward to the opportunity to support your family through this journey.

Sincerely,

Ashley Phillips, LCSW