

ASHLEY PHILLIPS

936-662-6881

XXASHLEYPHILLIPS17@GMAIL.COM

CEDAR CITY, UTAH

OBJECTIVE

I specialize in identifying and addressing the root causes of challenges, empowering patients to develop effective coping strategies for life situations, triggers, and traumas. With extensive experience collaborating with interdisciplinary teams, I enhance patient outcomes through a comprehensive and compassionate therapeutic approach. As a licensed therapy professional in Utah, I bring strong communication, problem-solving skills, and attention to detail to my practice. My academic background in research development has honed my analytical and evaluative abilities, further enriching my professional expertise.

EDUCATION

2020-2023	Master of Arts, Social Work University of Nevada, Reno Licensing
2023-2024	Master of Science, Psychology Grand Canyon University
2017-2019	Master of Arts, Military Psychology Adler University
2009-2013	Bachelor of Science, Psychology Sam Houston State University Minor in Criminal Justice

PROFESSIONAL EXPERIENCE

Present	Clinical Director, Kolob Canyon Residential Treatment Center New Harmony, Utah Oversees clinical programming and supervises a multidisciplinary team to ensure high-quality, evidence-based care in a residential treatment setting. Facilitates parent intensive sessions to support caregiver engagement, improve family dynamics, and align treatment goals. Implements and monitors treatment protocols, provides clinical oversight, and ensures compliance with licensing and accreditation standards. Collaborates with medical, academic, and residential departments to support integrated, client-centered care.
2023-2025	Therapist, Kolob Canyon Residential Treatment Center New Harmony, Utah Provides individual, family, and group therapy for adolescents with mental health challenges, trauma, and substance use. Utilizes DBT and

brainspotting to develop tailored treatment plans and collaborated with interdisciplinary teams for comprehensive care.

2022-2023

Therapist, Havenwood Academy

Cedar City, Utah

Provided individual, family, and group therapy for adolescents with mental health challenges, trauma, and substance use. Utilized DBT and brainspotting to develop tailored treatment plans and collaborated with interdisciplinary teams for comprehensive care.

2021

Forensic Specialist Supervisor, State of Nevada

Las Vegas, Nevada

Applied policies to resolve issues, implemented procedures, and modeled professional behavior. Organized workflow, assigned tasks, and supervised staff. Scheduled, trained, evaluated performance, and managed reports and discipline to maintain standards.

2019-2021

Forensic Specialist, State of Nevada

Las Vegas, Nevada

Monitored clients and ensured safety through surveillance, head counts, and behavioral supervision. Co-facilitated therapy sessions, documented progress, and managed emergencies. Transported clients securely and addressed safety hazards.

2018-2019

Mental Health Counselor, State of Washington

Monroe, Washington

Provided individual and group counseling, crisis intervention, and treatment planning for mentally ill and behaviorally troubled offenders. Conducted assessments, managed cases, and documented services, including crisis interventions and suicide prevention. Completed mental health appraisals and updates while ensuring accurate and timely reporting.

PROFESSIONAL TRAINING

2022

3-Day Dialectical Behavior Therapy Certification Training

PESI, online

Applied DBT skills to improve mindfulness, emotional regulation, and interpersonal effectiveness. Taught tools like diary cards, chain analysis, and pros-and-cons lists to address self-harm, crisis management, and trauma. Adapted DBT for diverse populations, enhancing client engagement, validation, and therapeutic outcomes.

Focused on fostering resilience, adaptive coping, and meaningful relationships.

2024

Structural Family Therapy: The Four Step Assessment Model

Therapist Development Center, online

This CE course provides mental health clinicians with a comprehensive understanding of Structural Family Therapy (SFT) as a framework to address individual issues rooted in family interaction patterns.

Participants learn to empower families to explore alternative ways of relating to alleviate symptoms in identified clients.

2025

Dialectical Behavior Therapy C-DBT Intensive Certification Course

PESI, online

Applied DBT skills to enhance mindfulness, emotional regulation, and interpersonal effectiveness. Utilized tools such as diary cards, chain analysis, and pros-and-cons lists to address self-harm, crisis management, and trauma. Adapted DBT for diverse populations, emphasizing client engagement, validation, and therapeutic outcomes. This course fulfills all educational requirements for Certified Dialectical Behavior Therapy (C-DBT).

2025

Certified Autism Spectrum Disorder Clinical Specialist Intensive Training

PESI, online

Applied evidence-based strategies, including Polyvagal Theory and trauma-informed approaches, to support emotional regulation, social skills, and family bonding. Developed individualized plans using mindfulness, sensory techniques, and DIR® strategies to address challenges like anxiety, meltdowns, and executive function deficits.

SKILLS

Proficient in providing one-on-one support, therapeutic assessment, and developing discharge plans tailored to client needs. Strong problem-solving and teamwork abilities, coupled with adaptability in dynamic environments. Experienced in crisis intervention and trained in multiple therapeutic interventions. Demonstrates excellent verbal and written communication skills with a willingness to continually learn and grow professionally.

LICENSING

2024

Certified Social Worker (CSW)

2025

Licensed Clinical Social Worker (LCSW)

REFERENCES

Maria Salsberry

LCSW

maria@kolobcanyonrtc.com

John Buckner

Executive Director, LMFT

john@kolobcanyonrtc.com

Jennifer Bracken

Assistant Residential Director

jenn@kolobcanyonrtc.com