

Facilitating Hope, Healing and Fulfillment



Ashley is passionate about improving relationships and well-being through creativity and connection. Ashley is a therapist intern at Renew Relationship Counseling and is currently completing a Master's of Marriage and Family Therapy degree through Capella University. During her undergraduate degree, Ashley studied recreation therapy and has since worked as a licensed and certified therapeutic recreation specialist.

Ashley has worked with diverse populations including individuals in addiction recovery and adults on the autism spectrum. She has experience developing and implementing therapeutic classes and programs for individuals and groups. Working with diverse populations in a therapeutic setting has helped Ashley develop empathy and a focus on client strengths.

Ashley draws from multiple therapeutic models including narrative therapy, solution-focused therapy, and experiential therapy to meet individual client needs. She has also received extensive training in the Renew System, a proprietary model for supporting couples. Ashley works with clients with depression, anxiety, couple and family conflict, division of labor disagreements, parenting challenges, faith changes, communication difficulties, intimacy concerns, grief, trauma, and other individual and relational concerns. She also loves providing therapeutic support to clients looking to achieve personal goals through an increased understanding of themselves and their relationships.

Carl Rogers said, "The good life is a process, not a state of being. It is a direction, not a destination." Life can include challenging and unexpected circumstances. Ashley firmly believes in walking with the client wherever they are in the process. She works hard to facilitate a therapeutic experience that takes steps toward "the good life" through increased connection, meaning, and joy. Ashley is married and a mom to two kids. She enjoys reading, exercising, baking, and traveling.

In her spare time, Ashley is often spending time with her 3 children and husband, running, pelotoning, and experiencing nature. She enjoys eating a variety of food, taking trips, watching movies, and reading books. She also enjoys being in or around water whenever possible.

What People Are Saying:

"Ashley is insightful and listens attentively. She has a calming presence and helps put things in perspective."

"Ashley is able to listen in a safe and non-judgmental way. She is also caring, responsive and professional. I would definitely recommend her to anyone in need."