

**Ashley J. Winslow** 5913 Rowdy Dr. Colorado Springs, CO 80924

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Five years of experience in the mental health field; Air Force Veteran; hold a Master of Science in Marital, Couple, & Family Counseling (MSMFT); hold a full, valid, unrestricted, professional, clinical license to practice independently as a Licensed Marriage and family therapist (LMFT); Has completed extensive education and able to apply knowledge from coursework and current research when working with individuals, couples, and families from diverse backgrounds, with ethical and legal mindfulness. Specialized experience in treating addiction using Motivational Enhancement Therapy & Matrix Model. Specialized experience in treating couples using Emotionally Focused Couples Therapy (EFT). Specialized experience in treating trauma including PTSD using ART (Accelerated Resolution Therapy) Collaboratively develop and implement comprehensive treatment plans. Provide individual, group, and family psychotherapy to treat a wide range of mental disorders. Document case findings, diagnosis, and recommendations in a clear and concise manner in paper-chart and using therapyappointment.com, Simple Practice, Mediat, and Methasoft online record keeping programs.

### **Experience**

Colorado Springs, CO June 2018 to Present

#### ***Couples, Family, & Individual Therapist Private Practice***

Provide mental health services to individuals, couples, and families, by applying Systems Theory, Emotionally Focused Therapy (EFT), and Accelerated Resolution Therapy, depending on the needs of the client; Conduct assessment of individuals and determine appropriate DSM-5 diagnosis of adult mental disorders, create safety plans, Provide Telehealth services; create treatment plan, provide referrals, Provide psycho-education on communication, conflict resolution, and resiliency skills; Provide relationship skills building and increasing closeness and safety in relationships, teach and model mindfulness practices, Attend bimonthly peer consultation with experienced clinicians to improve competencies and monthly EFT supervision; Provide best practice by adhering to HIPPA, state rules and regulations, and Code of Ethics; Complete continuing education requirements for licensure and to advance skills

Colorado Springs, CO January 2019 to May 2019

#### ***Mental Health Clinician UCCS (University of Colorado Springs)***

Five month contract to provide mental health services to individuals, couples, and families, including Veterans, by applying Emotionally Focused to treat mental health disorders; provide trauma informed care for patients suffering from PTSD/combat stress, childhood trauma, and sexual assault; Conduct biopsychosocial of individuals to determine appropriate DSM-5 diagnosis of mental health disorders; collaborate with patient to establish goals and treatment

plan; Provide crisis stabilization and create safety plans as appropriate; Attend weekly treatment team meetings to ensure quality of care for patients. Strong team player; effective communicator; LGBTQ friendly, multiculturally aware, non-biased therapist; able to establish a strong, effective, therapeutic alliance with patient quickly.

Colorado Springs, CO September 2018 to February 2019

***Substance Abuse Counselor  
Colorado Treatment Services, LLC***

Provide mental health services to individuals, including Veterans, by applying Motivational Enhancement Therapy (MET), Person-Centered Therapy, Solution-Focused Therapy, and Cognitive-Behavioral Therapy, based on needs of the patient, to treat moderate to severe opiate addiction; provide trauma informed care for patients suffering from PTSD/combat stress, childhood trauma, and sexual assault; Conduct alcohol and drug assessment/biopsychosocial of individuals, determine appropriate DSM-5 diagnosis of mental health disorders; assess ASAM (American Society of Addiction Medicine) criteria and determine appropriate level of care; Provide referral and coordinate care to more appropriate level of care or additional counseling resources including referral to Veterans Affairs or community mental health centers; collaborate with patient to establish goals and treatment plan; Provide crisis stabilization and create safety plans as appropriate; Assess risk for communicable disease and provide counseling as needed; Attend bi-monthly group supervision to strengthen competence as a therapist; Attend weekly treatment team meetings to ensure quality of care for patients. Strong team player; effective communicator; LGBTQ friendly, multiculturally aware, non-biased therapist; able to establish a strong, effective, therapeutic alliance with patient quickly; comply with drug-testing as requested.

Anchorage, AK June 2016 to May 2018

***Couples & Individual Therapist  
Private Practice***

Provide mental health services to active duty service members and their families as a MOS (Military One Source) and Tricare provider, by applying Systems Theory, Internal Family Systems Therapy, Emotionally Focused Therapy (EFT), and Cognitive-Behavioral Therapy, depending on the needs of the client; Conduct assessment of individuals and determine appropriate DSM-5 diagnosis of adult mental disorders including problems with reintegration, transition, relationships issues, depression, anxiety, and trauma; Provide crisis stabilization and create safety plans as appropriate for SI (suicide ideation); Provide Telehealth services; Collaborate with patient to establish goals and create treatment plan with consideration to multicultural factors; Provide appropriate treatment or referral to a more appropriate agency; Provide psycho-education on communication, conflict resolution, and resiliency skills; Provide relationship skills building workshop called Hold Me Tight. Attend monthly EFT group consultation with experienced clinicians to improve competencies; Provide best practice by adhering to HIPPA, Privacy Practices, Confidentiality, Mandatory Reporting laws, state rules and

regulations, and Code of Ethics; Complete continuing education requirements for licensure and to advance skills; Keynote speaker educating other clinicians for genograms and their use in family therapy.

Anchorage, Alaska USA      January 2015 to June 2017

***Marital and Family Therapist  
The Couples Center of Alaska***

Provide mental health services to couples and families by applying Systems Theory, Gottman Method Therapy, Solution-Focused Therapy, and Object Relations/Psychodynamic Therapy, depending on the needs of the client in order to treat interpersonal conflict among family members. Conduct extensive assessment of individuals regarding negative patterns in their relationships while prescreening for domestic violence, substance abuse, and differing agendas; determine appropriate diagnosis of adult mental disorders or interpersonal, educational, occupational, or social problems; Provide appropriate treatment or referral; formulating behavioral health treatment plans and assessing progress and efficacy of therapist approach; Attend monthly group consultation with other associate therapists; Attend bi-monthly supervision with approved supervisor; incorporate all constructive feedback from supervisor into approach to better serve clients.

Anchorage, Alaska USA      April 2016 to Sept 2016

***Mental Health Clinician &  
Chemical Dependency Counselor  
Salvation Army Clitheroe Residential Co-Occurring Treatment Center***

Provide mental health services to adults struggling with substance use and mental health difficulties; Conduct two-hour process groups with eighteen clients twice per week; Provide eight individuals with psychotherapy weekly to assist them in processing underlying biological, social, trauma, relational, and psychological issues contributing to their substance use disorder; Relapse Prevention Planning; Use Internal Family Systems Therapy, mindfulness, Cognitive-Behavioral Therapy, and Sensory Motor Psychotherapy; Conduct intake, assessment, and treatment plan for clients; Collaborate with other clinicians on the team to ensure clients are receiving the best possible care; Attend weekly supervision with CDC II supervisor.

Anchorage, Alaska USA      September 2014 to July 2015

***Primary Counselor  
Stepping Stones, Akeela, Inc.***

Complete intake, Initial Treatment Plan, Behavioral Health Treatment Plan Reviews and Revisions, discharge summaries, and SUD Assessment; Coordinate action between client and outside agency; Lead facilitator in daily psychotherapy groups; Weekly individual counseling sessions with treatment community residents; Crisis interventions/de-escalation.

New Jersey, USA      September 2012 to December 2013

***SNJAMFT Student/Preclinical Fellow Representative***

Active board member volunteer identifying student/associate members with the objective of welcoming student/associate into the MFT field and offering active support through the licensing process by demystifying the process; Participate in the advertisement of and participation in continuing education workshops; Participation and organization of peer consultation group

Lumberton, New Jersey, USA July 2012 to September 2012

***The Family Learning Center Intern Therapist***

Family, couple, and individual therapist for both parents and children providing supportive and strength-based counseling; Conducted intake assessments and completed progress notes; Conducted psychoeducational and therapeutic groups with parents, teens, and young children; Crisis de-escalation; Relationship building activities with parents and children.

Hainesport, New Jersey, USA January 2012 to June 2012

***CMRSS Intern***

Crisis counselor and case manager connecting families with mental health services and providing supportive counseling using strength-based approach, Mobile therapist using solution focused brief therapy. Family Crisis Intervention Unit (FCIU) therapist during triage assessment and court proceedings.

**Education**

*Basic Accelerated Resolution Therapy Training* **21.5 hours**

2019

*Emotionally Focused Individual Therapy Workshop* **12 hours**

2018

*Untangling the controversy around sex addiction* **3 hours**

2017

Internal Family Systems Therapy: From emotion to integration **3.5 hours**

2017

*Resolving trauma in psychotherapy: A somatic approach* **3.25 hours**

2017

DARe to Connect Conference Thrive! Trauma, Attachment, & Neuroscience

Diane Poole Heller **20 hours**

2017

*Matrix Model of Intensive Outpatient Alcohol and Drug Treatment* **12 hours**

2017

AMP4 Attachment Mastery Program by Diane Poole Heller **20 hours**

2017

*Hold me tight/Let me go workshop training for therapists* **6 hours**

2017

Core Skills 1, 2, 3, & 4 Emotionally Focused Therapy Anchorage AK **48 hours**

by Gail Palmer and Nancy & Paul Aikin

2016-17

*Four-day externship in Emotionally Focused Therapy Anchorage AK* **30 hours**

2016

Two-day workshop for therapists assisting clients with complex trauma and dissociation "Art as a healing expression" Lani Kent **12 hours**

2016

*Wellness Recovery Action Plan Training* **10 hours**

2016

Heal your heart after grief: Help your clients find peace after break-ups, divorce, death, and other losses **6 hours** David Kessler

2016

*Intensive Mindfulness, Meditation and Neuroscience Conference: Creating Active Pathways for Therapeutic Change* **12.5 hours**

2016

Narcissism, Infidelity, and Trauma **4.5 hours** Esther Perel and Terry Real

2016

*Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQ) Clients: Clinical Issues and Treatment Strategies* **6 hours** Dr. Kort

2016

Evidence based trauma treatments and interventions **6 hours** Dr. Gentry

2016

*The 10 Core Competencies of Trauma, PTSD, Grief and Loss* **6 hours** Dr. Gentry

2016

Domestic Violence Treatment Strategies to stop the cycle and heal the pain **6.25 hours** Dr. Benz

2015

*Level 2 Gottman Method Couples Therapy* **21 CEU's** John M. Gottman

2015

*Level 1 Gottman Method Couples Therapy Certification* **21 hours** John M. Gottman

2014

Capella University

**M.S., Marriage & Family Therapy** 2012

CACREP (Council on Accreditation of Counseling and Related Educational Programs) Accredited

COAMFTE (Commission on Accreditation for Marriage and Family Education) Accredited

Graduated with GPA: 3.792

Completed classroom and residency requirements (96 semester hours); 993 hour internship  
(Transcript available upon request)

University of Maryland University College, Asian Division 2007

**B.S., Psychology**

GPA: 3.8. Cum Laude

Completed 46 hours of Psychology classes, Introduction to Statistics, and nominated for Deans  
List based on exceptional scholastic achievement

USAF Sexual Assault Prevention and Response Program

**Certification** 2007

Certified as a victim advocate for USAF

Community College of the Air Force, Maxwell AFB, AL 2005

**A.S., Aerospace Ground Equipment Technology**

### **Professional Affiliations**

International Society of Accelerated Resolution Therapy (IS-ART) *Current*

- Certified Basic ART Practitioner

International Association of Excellence Emotionally Focused Therapy (ICEEFT) *Current*

- Lifetime member

CPH & Associates Professional Liability Insurance *Current*

- Policy PHCPE200379

American Association for Marriage and Family Therapy (AAMFT) *Current*

- Clinical Membership 123938

NAADAC The Association for Addiction Professionals      *Current*

- Associate Membership 154547

### **Licenses & Certifications**

Licensed Marriage & Family Therapy AK #107009 LASED/INACTIVE      valid 10/03/16-12/31/18

Licensed Marriage & Family Therapy CO MFT.0001431      valid 6/19/17-8/31/19