

Change is Possible

Ashley J. Winslow is a licensed marriage and family therapist and certified chemical dependency counselor practicing independently in the state of Alaska. She has a BS in Psychology from the University of Maryland University College (2012) and a MS in Marriage and Family Therapy from Capella University (2012). She provides therapeutic services to those interested in improving their social and emotional well-being. The population served includes individuals (teens and adults), couples (any two people that are in an intimate relationship both traditional and nontraditional) and families (nuclear and extended). She provides individualized therapeutic services based on systemic, client-centered, trauma-informed, emotionally focused therapy, Gottman Method, attachment therapy, internal family systems therapy, and motivational interviewing.

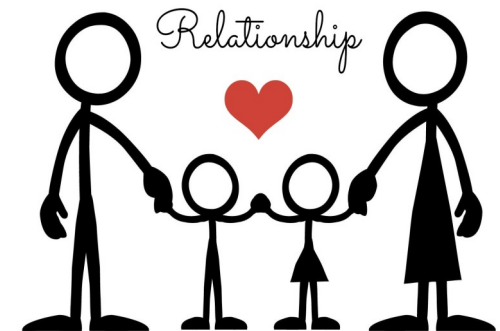


Alcohol and Drug Use Treatment & Relapse Prevention

Ashley will help you understand the roots of your dependency on alcohol or drugs, as well as the ongoing “triggers” that inspire their use. Once a therapeutic relationship is established, you will work with Ashley using behavioral interventions, processing emotions, and having sessions with family members as appropriate. The client-counselor relationship is highly collaborative and personal, with a great deal of intense and honest interaction. Recovery is a life-long process; not only must the chemical dependency be overcome, but changes in lifestyle and patterns of thinking and interaction must be made as well. You will create a unique relationship with your therapist based upon hope, recovery, empathy, and belief in the possibility of ongoing self-improvement.

Relationship difficulties

Ashley can assist you in managing relational difficulties and/or a mental disorders. She believes that everyone has the ability to make new decisions to improve their life in a way that is healthy and increases their happiness. Ashley can help you improve your relationships and satisfaction in life by learning to cope with emotional stress/pain or anxiety, feelings of loneliness, communication problems, isolation, depression, moodiness, sexual disturbances, unexplained fatigue, family conflict or tension, divorce, separation, fear, anger, guilt, or grief.



**Call Ashley and see if she
can help!**

907-312-6119