Individualized Treatment

The therapeutic approach she chooses when working with people is based on their individual needs according to their personal and family history, relationships, attempted solutions, personality, and the current issue they are having difficulty with. The theory she uses guides her questions/interventions as you engage in a collaborative process to learn more about what is driving your behavior, mood/ feelings, and thoughts to gain the insight needed to make effective and lasting change. Ashley is on this journey of personal growth with you and will guide and support you along the way. She is compassionate, understanding, and nonjudgmental which creates a relaxed and accepting environment to explore deep, personal issues that are difficult to face.



Billing and Payments

Ashley accepts payment from several insurance companies and EAP programs and is also in network with Aetna. If requested, she offers a free 30-minute consultation to evaluate compatibility and to answer any questions about the therapeutic process. The sessions provided include an initial assessment 90 minutes session (\$275) then 60minute individual session (\$185) or a 90-minute individual/couples session (\$225) as determined appropriate. You must call, text, or email to cancel an appointment at least 48 hours (2 days) before the time of the appointment. If you cancel same day or do not show up, you will be charged 50% of the agreed upon price or \$50 whichever is less.

Office Hours

Office hours are Monday through Friday 9:30am to 4:00pm with limited exceptions. After normal working hours and on weekends, if you feel that you are in a crisis situation and need to reach Ashley you may call 907-312-6119, however you will be charged for a crisis phone conversation that exceeds the duration of 5 minutes at a rate of \$1 per minute. You are encouraged to call your support system and follow the emergency procedures provided to you at intake.



PSYCHOTHERAPY

Anchorage, Alaska

Ashley J. Winslow, MS LMFT & CDCI

ashley.j.winslow@gmail.com

www.counseloranchorage.com

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, clientcentered, trauma-informed, emotionally focused therapy, Gottman Method, attachment therapy, internal family systems therapy, and motivational interviewing.



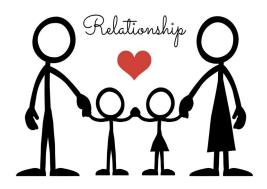


Alcohol and Drug Use Treatment & Relapse Prevention

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 lifelong 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