

Ashley Taylor
MA, LPC Associate, NCC, NBCC MFP Fellow
Supervised by Vanessa Rosage
MS, LPC-S, NARM, SE, IPNB, DEEP

EDUCATION & BACKGROUND

EDUCATION

- August 2024 *St. Edward's University, Austin, TX*
Master of Arts in Clinical Mental Health Counseling – CACREP Accredited
- December 2021 *Tarleton State University, Stephenville, TX*
Bachelor of Science in Interdisciplinary Studies: Communications & Languages

LICENSING

- 2024 – Present Licensed Professional Counselor Associate #96562
- 2024 – Present National Certified Counselor #1734849

TRAINING

- 2024 Eidetic Institute – Eidetic Imagery Level One Training
- 2024 Overdose Prevention & Narcan Distribution (1.0 CE)
- 2024 NBCC Bridging the Gap Symposium (16.5 CE)
- 2024 Beck Initiative/UPenn Cognitive Behavioral Therapy (22 CE)
- 2024 Trans-Inclusive Healthcare (1.0 CE)
- 2024 Insta-Counselors: Ethically Using Social Media as a Marketing, Research, and Advocacy Tool (1.0 CE)
- 2024 Mindfulness to Promote Wellness and Coping Among Immigrant Children and Adolescents (1.0 CE)
- 2024 Counseling Black Women–HERstory, Humility, Healing (1.0 CE)
- 2024 Culturally Responsive Practices for Serving the Undocumented Immigrant Community (1.0 CE)
- 2024 The Universal Nature of Grief (1.0 CE)
- 2024 Building Environments to Prepare the Way for Trauma-Informed Care (1.0 CE)
- 2024 Counseling on Access to Lethal Means (3.0 CE)

2023	Motivational Interviewing with Transition-Aged Youth: Strengthening Importance, Confidence, & Commitment to Change (9.0 CE)
2023	Mental Health First Aid for Military, Veterans, and their Families Certification
2023	American Red Cross First Aid Certification
2023	Stress Management and Resiliency Training (4.0 CE)
2023	DEI: Multicultural Care for the Clinician (1.0 CE)
2023	Screening for Early Psychosis, PQ-B (1.5 CE)
2023	Counseling Neurodivergent Populations (3.0 CE)
2023	NBCC Bridging the Gap Symposium (19.5 CE)
2023	Beyond the Binary: Making Spaces More Welcoming for Trans & Nonbinary Staff & Clients (1.5 CE)
2023	Screening, Brief Intervention, & Referral to Treatment
2023	Suicide Risk Assessment Using Columbia-Suicide Severity Rating Scale
2023	Co-Occurring Psychiatric and Substance Use Disorders (3.75 CE)
2023	Illness Management and Recovery (4.5 CE)
2023	Texas Resilience & Recovery/Adult Needs & Strengths Assessment
2023	Trauma Focused-Cognitive Behavioral Therapy Web 2.0 (11 CE)
2023	Psychological First Aid Online (5 CE)
2023	Mandatory Reporting Community Response for Youth and Families

PROFESSIONAL SERVICE

September 2024 – Present

Owner & LPC Associate, Taylored To You Clinic & Consultation PLLC, Austin, TX

- Provide counseling services to adolescents and adults
- Focus on utilizing attachment, sand tray, and trauma-informed treatment options

February 2023 – October 2024

Qualified Mental Health Professional (Intake Specialist), Integral Care, Austin, TX

- Complete biopsychosocial interviews for incoming clients into adult behavioral health services
- Provide brief counseling interventions and case management services
- Determine diagnostic criteria and reviews through collaboration with psychiatric providers
- Complete person-centered recovery treatment planning with client strengths and SMART goals
- Complete assessments include C-SSRS, CAGE-AID, PCL-5, PHQ-9, ANSA, PB-Q, EPDS, QIDS, PANSS, BDSS, narrative interview, and safety planning

August 2023 – August 2024

Counseling Intern, Integral Care & St. Edward's University, Austin, TX

- Provide counseling through a trauma-informed, culturally competent, and person-centered lens
- Utilize a variety of evidence-based theoretical interventions to empower clients to achieve goals
- Commonly used theories/interventions include CBT, DBT, Motivational Interviewing, and IFS
- Specialty areas of treatment include neurodiversity, substance use/recovery, grief/loss, trauma, minority stress, and sexual/gender identity
- Populations served include teens, adults, and the elderly
- Co-facilitate mentoring group for staff to provide processing, staffing, and psychoeducation`

PROFESSIONAL PRESENTATIONS

1. Taylor, A. (2024, Fall). *A Family Disease: Substance Use & Recovery Through the Lifespan*. St. Edward's University, Austin, TX.
2. Taylor, A. (2024, Summer). *Coping 101: Burnout and Coping Skills in Community Mental Health*. Integral Care, Austin, TX.
3. Taylor, A. (2024, Summer). *A Family Disease: Substance Use & Recovery Through the Lifespan*. St. Edward's University, Austin, TX.
4. Taylor, A. (2023, Spring). *Student & Adolescent Advocacy: Age-Appropriate Disciplinary Strategies*. Bailey Middle School, Austin, TX.
5. Taylor, A. (2023, Spring). *Intersecting Identities: Individuals with Autism Who Also Identify as LGBTQIA2S+*. St. Edward's University, Austin, TX.
6. Taylor, A. (2022, Fall). *Advocating for Child and Student Well-being*. Clayton Elementary School, Austin, TX.

HONORS & AWARDS

1. 2024 Safe Connections Trauma-Focused Professional Development Award
2. 2023 NBCC Minority Fellowship Program for Mental Health Counselors (Master's) recipient
3. 2023 St. Edward's Professional Development Award

MEMBERSHIPS

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| 2022 - Present | American Counseling Association |
| 2023 - Present | Society for Sexual, Affectional, Intersex, and Gender Expansive Identities |

PUBLIC SERVICE

- 2022 One Million Steps for OCD Walk – Austin, TX