

Ashley Taylor  
MA, LPC, NCC, NBCC MFP Fellow

## **EDUCATION & BACKGROUND**

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### **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**

- 2026 – Present      Licensed Professional Counselor #96562
- 2024 – 2026      Licensed Professional Counselor Associate #96562
- 2024 – Present      National Certified Counselor #1734849

### **TRAINING**

- 2026      PMHD 101: An Introduction for Birth Workers and Health Professionals
- 2026      Law & Ethics in Counseling Conference
- 2025      NeuroAffective Relational Model (NARM) Level 2 Training
- 2025      Embodying the Hermit: How to Incorporate Tarot into your Therapeutic Practice
- 2025      Impacts of Climate Change on Your Clients and Your Practice:  
A Roadmap to Resilience
- 2024      Improving Ethical Practice Through Planning For Unplanned Provider Absence
- 2024      Eidetic Institute – Eidetic Imagery Level One Training
- 2024      Overdose Prevention & Narcan Distribution
- 2024      NBCC Bridging the Gap Symposium
- 2024      Beck Initiative/UPenn Cognitive Behavioral Therapy
- 2024      Trans-Inclusive Healthcare
- 2024      Insta-Counselors: Ethically Using Social Media as a Marketing, Research, and  
Advocacy Tool
- 2024      Mindfulness to Promote Wellness and Coping Among Immigrant Children and

## Adolescents

2024	Counseling Black Women–HERstory, Humility, Healing
2024	Culturally Responsive Practices for Serving the Undocumented Immigrant Community
2024	The Universal Nature of Grief
2024	Building Environments to Prepare the Way for Trauma-Informed Care
2024	Counseling on Access to Lethal Means
2023	Motivational Interviewing with Transition-Aged Youth: Strengthening Importance, Confidence, & Commitment to Change
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
2023	DEI: Multicultural Care for the Clinician
2023	Screening for Early Psychosis, PQ-B
2023	Counseling Neurodivergent Populations
2023	NBCC Bridging the Gap Symposium
2023	Beyond the Binary: Making Spaces More Welcoming for Trans & Nonbinary Staff & Clients
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
2023	Illness Management and Recovery
2023	Texas Resilience & Recovery/Adult Needs & Strengths Assessment
2023	Trauma Focused-Cognitive Behavioral Therapy Web 2.0
2023	Psychological First Aid Online
2023	Mandatory Reporting Community Response for Youth and Families

## **PROFESSIONAL SERVICE**

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September 2024 – Present

***Owner & Counselor, Tailored 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**

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1. Taylor, A. (2026, Summer). *A Family Disease: Substance Use & Recovery Through the Lifespan*. St. Edward's University, Austin, TX.
2. Taylor, A. (2024, Fall). *A Family Disease: Substance Use & Recovery Through the Lifespan*. St. Edward's University, Austin, TX.
3. Taylor, A. (2024, Summer). *Coping 101: Burnout and Coping Skills in Community Mental Health*. Integral Care, Austin, TX.
4. Taylor, A. (2024, Summer). *A Family Disease: Substance Use & Recovery Through the Lifespan*. St. Edward's University, Austin, TX.
5. Taylor, A. (2023, Spring). *Student & Adolescent Advocacy: Age-Appropriate Disciplinary Strategies*. Bailey Middle School, Austin, TX.
6. Taylor, A. (2023, Spring). *Intersecting Identities: Individuals with Autism Who Also Identify as LGBTQIA2S+*. St. Edward's University, Austin, TX.
7. Taylor, A. (2022, Fall). *Advocating for Child and Student Well-being*. Clayton Elementary School, Austin, TX.

## **HONORS & AWARDS**

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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

**PUBLIC SERVICE**

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2025 Alumni Expert Speaker – St. Edward's University, Austin, TX

2022 One Million Steps for OCD Walk – Austin, TX