



## **Ashley Patterson, BA, MHP**

### **CST Supervisor**

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#### **Education and Certification**

Bachelor's Degree in Psychology from Columbia College.

#### **My Treatment Philosophy**

People have the ability to grow and adapt. With the assistance of evidence based therapy, along with motivational interviewing and solution focused treatment, it is my goal to help you feel better and gain necessary life skills. I also believe that treatment leads to resilience, which is vital. Resiliency is a quality that enables us to rebound from adversity, trauma, tragedy, threats, or other stressors and the ability to go on with life with a sense of mastery, competence, and hope.

#### **A little bit about me...**

I enjoy being outdoors and spending time with family and friends

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