



# Ashley Dober, MSW, QMHP

## CST Clinician

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### **Education and Certification**

I earned my Masters in Social Work at Aurora University in 2024 along with my Bachelors in Social Work in 2023. I completed my specialized internship at KSB's Inpatient Behavioral Healthcare Unit.

### **Specialization**

Acceptance and Commitment Therapy is a cornerstone of my approach along with elements of Solution Focused Therapy.

### **My Treatment Philosophy**

I believe that the client is the expert and I see my role as someone who empowers them to write their story. I want to help you learn about your values, choose your goals, and support you along the way through education, collaboration, and compassion.

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

My son and I love looking for snakes, bugs, and trains, and going on road trips. I enjoy reading, riding my motorcycle, fixing my motorcycle when it breaks, cooking, battling invasive plants, and crocheting with my grandma.

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