



Powell Counseling  
Center, PLLC

**Ashley Arriola, LPC-MHSP, C-DBT, Approved Supervisor**

**Specialty**

Ashley's specialty is working with Perinatal Mental Health specifically, postpartum depression, postpartum anxiety, birth trauma, pregnancy & infant loss, pregnancy & postpartum planning, infertility, post abortion & termination for medical reasons, addiction, as well as general adjustments to parenthood.

Ashley has been working in mental health since 2012. She has experience working as a case manager for individuals struggling with severe mental illness, she has also served as an IOP counselor, individual therapist, and intake clinician. Ashley has provided care in multiple settings including criminal justice systems, community mental health, a hospital providing crisis services, inpatient, outpatient, and in private practice. Most of her work has been with adults experiencing mental illness and substance use disorders.

**My Approach**

Ashley is an eclectic therapist, which means that she pulls from a variety of modalities to meet her client's needs. Ashley primarily uses cognitive behavioral therapy, dialectical behavioral therapy, and mindfulness to assist her clients in reaching their goals. Ashley is a LGBTQ+ affirming therapist and an antiracist therapist. She works hard to make sure that her office is a safe space for all individuals.

**Credentials**

Ashley earned a Master of Education (M.Ed.) in Clinical Mental Health Counseling from Lincoln Memorial University and a Bachelor of Arts (B.A.) from Carson Newman College. She is a Licensed Professional Counselor (LPC) with endorsements as a Mental Health Service Provider (MHSP) and Approved Clinical Supervisor in the state of Tennessee. She is certified in Dialectical Behavior Therapy (DBT) and has extensive training in Perinatal Mental Health with Postpartum Support International. Ashley is a member and volunteer for Postpartum Support International (PSI) and a member of Tennessee Licensed Professional Counselors Association (TLPCA).

Ashley is an approved supervisor for those seeking licensure (LPC) in the state of Tennessee. She is available to provide clinical supervision.