



## Ashley Marks, MSW, Supervisee in Social Work Counselor

Ashley completed her Bachelor's degree in Social Work at Christopher Newport University with a minor in Childhood Studies. Ashley received her Master's in Social Work from Virginia Commonwealth University (VCU) in 2018. While at VCU, she additionally completed requirements for a School Social Work Certification to provide her with the tools to assist children and families both in the home and school environment. Ashley will be pursuing her license to become a Licensed Clinical Social Worker (LCSW). She has a passion for empowering youth and families through providing counseling services to improve their well-being and quality of life. Ashley has experience in various areas, including youth anger management, emotional dysregulation, trauma, physical and sexual abuse, anxiety, depression, attachment, learning disabilities, attention-deficit hyperactivity disorder, and post-traumatic stress disorder.

Ashley additionally has experience providing strengths-based, trauma-informed care utilizing models such as cognitive behavioral therapy, collaborative problem solving, systems theory, and family systems therapy. She prioritizes engaging in continuous research to provide the most relevant and effective evidenced-based services to clients. In addition to her passion for empowering others, Ashley loves animals, video games, and making arts and crafts.