



Ashley Marks, LCSW Clinical Supervisor & Outpatient Therapist

Ashley completed her Bachelor's degree in Social Work (BSW) at Christopher Newport University with a minor in Childhood Studies in 2016. Ashley received her Master's in Social Work (MSW) 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, but quickly recognized her passion for parenting and family work upon becoming employed as an Intensive In-Home provider by Lighthouse in 2018. Ashley is an LCSW with a passion for empowering individuals and families through providing counseling services to improve their well-being and quality of life. Ashley has experience working with individuals navigating various areas of need, including anger management, emotional dysregulation, trauma, abuse, anxiety, depression, attachment, learning disabilities, attention-deficit hyperactivity disorder, and posttraumatic stress disorder. Ashley additionally specializes in work

with parents, including biological parents, foster parents, and kin-caregivers. Ashley provides strengths based, trauma-informed care utilizing models such as cognitive behavioral therapy, collaborative problem solving, systems theory, functional family therapy, and family systems therapy. In addition to her passion for empowering others, Ashley loves video games, cardmaking, drawing, and animals.