

Speaker Introduction

Dr. Patti Ashley is a licensed professional counselor practicing in Boulder, Colorado where she owns and operates Breakthrough Psychotherapy and Parent Coaching. After completing a Post-Graduate degree in Early Childhood Education she went on to earn her PhD in 2002. Dr. Ashley has over 35 years of experience in the fields of education and psychology including developing continuing education courses for physicians and hospital wellness programs; instructing undergraduate and graduate courses for universities; and counseling individuals, couples and families in mental health agencies, psychiatric hospitals, and private practice settings.

Combining elements of developmental, cognitive, strength-based, and positive psychology, Dr. Ashley has created a psychotherapy model that helps clients excavate authenticity and life purpose. She believes in helping people break patterns of fear, while cultivating self-love and self-compassion.

Her book, “Living in the Shadow of the Too-Good Mother Archetype” from Wyatt-Mackenzie Publishing (2014), helps women connect more deeply to themselves and others by dispelling the myth of the “perfect parent” and exploring what it means to be a good-enough mother. It weaves real stories and common themes into archetypal mythology and the rapidly changing roles of women, helping to lay the foundation of a new parenting paradigm. She also has two upcoming books: “Reconciliation of the Heart: How Beliefs, Choices and Forgiveness Influence Authenticity and Life Purpose”, and “Letters to Freedom: A True Story of Grief and Love that Never Dies”, scheduled for release soon.

Quick Facts About Patti:

- She has four adult children and three grandchildren
- She likes to paint and draw mandalas
- She enjoys tarot card reading and working with her dreams
- She likes to stay active, riding her bicycle around town, hiking, and dancing
- Because she likes outdoor concerts she frequents the Big Barn Dance in Taos New Mexico