

Dr. Patti Ashley, PhD

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Therapist Offers Hope to Struggling Moms, Okays Being ‘Good Enough’

In her book, *Living in the Shadow of the Too-Good Mother Archetype*, Dr. Patti Ashley LPC explores the pressures of modern motherhood, guiding readers as they unravel the myth of the perfect parent.

BOULDER, Colo. - Do you have to attain perfection to be a good mother? Dr. Patti Ashley PhD, a Licensed Professional Counselor and owner of Breakthrough Psychotherapy and Parent Coaching, doesn't think so. In her book, *Living in the Shadow of the Too-Good Mother Archetype*, Ashley asserts that many mothers are living with guilt, stress, shame, and feelings of inadequacy because of both conscious and unconscious pressures to be perfect. Ashley also maintains that our society simultaneously idealizes and suppresses women as mothers, which contributes to dissatisfaction and self-loathing when moms can't "do it all". This timely book addresses the "too-good mother" archetype, and helps women (and men) explore their attitudes toward mothering, with the ultimate goal of helping women find their authentic selves and to know that being "good enough" is good enough. Combining common themes, anecdotes, and self-reflective exercises in each chapter, *Living in the Shadow of the Too-Good Mother Archetype* is a unique guide for modern parents who want to gain deeper understanding of their own paradoxical feelings about mothering, are struggling with self-care, or have an interest in challenging the "perfect parent" status quo.

Patti Ashley's most valuable credentials are as a mother and grandmother, however, she also holds a BS in special education, an MA in Early Childhood Education, a PH.D in Psychology, and has over thirty-five years of experience in the fields of education and psychology. Professionally, Patti has developed continuing education courses for physicians and hospital wellness programs, instructed undergraduate and graduate courses for universities, and counseled individuals, couples and families in multiple mental health settings, including her private practice in Boulder. Privately, she spends time journaling and meditating daily, and loves to express herself through dance and art. Dr. Ashley has two more therapeutic titles expected for release in 2018.

Living in the Shadow of the Too-Good Mother Archetype
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