



# Dr. Patti Ashley

**Speaker    Therapist    Author**

## **Topics:**

- Identifying and Unraveling Shame
- Parent Coaching and Support
- Dream Analysis and Mandala Assessment

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Patti has thirty-plus years of combined experience as a mother, educator, therapist, and public speaker.

She has worked as a psychotherapist in private practice and hospital settings, developed parent education and support group programs for pediatric practices and women's centers, taught undergraduate and graduate classes in early childhood development and has developed and consulted with mentoring programs for schools and Universities.

Dr. Ashley is the owner and operator of Breakthrough Psychotherapy and Parent Coaching in Boulder, Colorado.

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## **Education**

- Union Institute and University, Cincinnati, Ohio: PhD in Psychology; November 2002
- Old Dominion University, Norfolk, Virginia; MS in Early Childhood Education; August 1991
- James Madison University, Harrisonburg, Virginia; BS in Special Education; May 1981

## **Certifications/Licenses**

- Licensed Professional Counselor; Colorado, 2000
- Certified Teacher, Special Education and Early Childhood Education; CO, 2000
- Certified MARI Practitioner, 1996

## **Other Experience**

- Author of "Living in the Shadow of the Too-Good Mother Archetype" Wyatt-McKenzie 2014
- PESI seminar speaker
- Featured journalist for publications including *The Shiver Report* and *The Women's Network*
- Keynote speaker at *Boulder Institute of Psychotherapy Research*

## **Contact Patti:**

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