

WHAT IS YOUR PHILOSOPHY IN PSYCHOTHERAPY?

My belief for my clients in therapy is that each client has the ability and strength needed within to heal.

WHAT APPROACHES DO YOU USE TO HELP YOUR CLIENTS?

I combine psychodynamic theory and motivational interviewing into an Internal Family Systems (IFS)-informed approach, while incorporating other necessary modalities and techniques on an individualized basis.

WHAT ARE YOUR AREAS OF EXPERTISE AND WHO DO YOU WORK WELL WITH?

To address a client's concerns, I focus on building a trusting, collaborative therapeutic relationship to promote self-exploration and to gain a shared understanding of patterns of behavior, experiences and beliefs. My goal is to help clients increase self-compassion, curiosity and self-awareness to create change and growth into the future.

WHAT'S YOUR THERAPEUTIC STYLE WITH YOUR CLIENTS?

I work primarily with teens and young adults who are experiencing anxiety, depression, complex trauma, life transitions, maladaptive or inappropriate behaviors, relationship issues and family conflict.

WHAT LANGUAGES DO YOU SPEAK?

English.

PAST EXPERIENCE AND EDUCATION

Dr. Ashli Ellis is a licensed clinical psychologist who believes each person has the ability and strength needed within to heal. She works primarily with teens and young adults who are experiencing anxiety, depression, complex trauma, life transitions, maladaptive or inappropriate behaviors, relationship issues and family conflict. To address a client's concerns, Dr. Ellis focuses on building a trusting, collaborative relationship to promote self-exploration and to gain a shared understanding of past patterns, experiences and beliefs. Her goal is to help clients increase self-compassion, curiosity and self-awareness to create change and growth into the future. She combines psychodynamic theory and motivational interviewing into an Internal Family Systems (IFS)-informed approach, while incorporating other necessary modalities and techniques on an individualized basis.

Dr. Ellis completed her undergraduate degree in psychology at the University of Wisconsin, Madison, and her master's in marriage and family therapy and doctoral degree in applied clinical psychology at The Chicago School of Professional Psychology, Los Angeles. She gained most of her supervised experience working with a diverse population of at-risk youth and their families who had extensive trauma histories. Most recently, she worked with students from UC Davis at Acacia Counseling

and Wellness. Dr. Ellis is excited to embark on her next venture supervising students and seeing clients with the Vantage Point team.