

ASHLEY SHOVEL, MS, LPC

EDUCATION

Licensed Professional Counselor **Active, Exp date April, 2022**

License Number: 80814

Graduate, Master's Degree Program **Jan, 2016 – Aug, 2018**

University of North Texas, Denton, Texas

M.S. Counseling, CACREP accredited institution

Graduate, Bachelor's Degree Program **Aug, 2010 – May, 2014**

University of North Texas, Denton, Texas

B.S. Rehabilitation Studies

EMPLOYMENT HISTORY

Galloway Counseling Center **Jan, 2021 - present**

LPC, Therapist - Children, Adolescents, Adults, and Families

- Collaborate with clients to create a plan for healing
- Create and implement measurable goals with clients
- Build meaningful and trusting relationships with clients, providing a safe place for healing and personal growth with each client

Innovations Northwest **Nov, 2018 - present**

LPC, Clinical Therapist - Child and Adolescents

- Facilitate CBT and DBT skill building activities for a group setting
- Create and facilitate a safe space for children/adolescents to identify and process thoughts and feelings
- Complete and submit paperwork accurately and in a timely manner
- Communicate and facilitate weekly family therapy sessions

Dallas Counseling and Treatment Center **Aug, 2018 - May, 2019**

LPC-Associate, Clinical Therapist

- Collaborate with clients to create a treatment plan for each individual
- Create and work towards goals with each individual client

University of North Texas – Office of Disability of Accommodations **Jun, 2016 – Aug, 2018**

Graduate Assistant – Testing Center

- Advocate for collegiate students with a wide range of disabilities
- Problem-solve issues as they arise pertaining to each individual student
- Communicate with professors regarding their specific course material

CCD Counseling – Family Tree Program **Oct, 2016 – Sept, 2017**

Group Facilitator - Adolescents

- Facilitate psychoeducational groups for adolescents
- Create and engage in creative activities that aid in adolescent personal growth

QUEST Employment Services **May, 2015 – Mar, 2016**

Employment Specialist

- Advocate for and work with adolescents and adults with disabilities
- Guide/teach diverse populations on the best practices for gaining and maintaining employment
- Job coaching, application, and interview training

Epic Healthcare & Physical Medicine **Oct, 2014 – May, 2015**

Public Relations and Marketing Director

- Research and utilize resources to find/apply for events
- Create flyers and boards for marketing the business/events
- Set up and work booths at local events to increase clientele

INTERNSHIP EXPERIENCE

Children's Advocacy Center of Denton County (CACDC)

Jan, 2018 – Aug, 2018

Clinical Intern

- Provide Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) therapeutic services to children, adolescent, and adult clients
- Document and maintain UCLA-PTSD and CBCL assessment scores
- Familiarize and abide by ACA Ethical Code, Texas Family Code, FERPA, and HIPPA laws and regulations

TRAINING & SKILLS

Trained in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) – 2018

Member of the Integrated Care and Behavioral Health (ICBH) Project and Research Study – 2018

Toulouse Graduate School (TGS) Summer Award - 2018

Member of Chi Sigma Iota (CSI) Counseling Academic & Professional Honor Society - 2017

Member of the Society for Collegiate Leadership & Achievement (SCLA) Honor Society - 2016