

# Ashley Eckman

As a counselor, I show up with empathy, compassion, and understanding. I value the therapeutic relationship and will work with you to create a safe and healing space. I approach therapy with the goal of heightening self-awareness, self-understanding, self-respect, and self-motivation, as well as increasing positive behavior change and processing life's difficulties. I believe that we can work together to understand your experiences and beliefs as a means to promote new found freedom in the present and future. Together, we will find the approach that best fits your individual needs.

I work from a judgement-free stance and am happy to welcome clients of all sexual orientation, gender identity, race, religion, culture, and backgrounds.