



MEET DR. ASHLEY

Clinician, Coach and Consultant
Licensed in: Maryland, Ohio & Virginia

EXPERTISE

- Career Counseling
- Financial Coaching
- Coping Skills
- Emotional Disturbance
- Family Conflict
- Parenting
- Interpersonal Relationships
- Self Esteem
- Stress management
- Trauma and PTSD
- Women's Issues
- Brainspotting Phase I and Phase II

CLIENT FOCUS

Age: 18 and up
Communities: Single Mothers
Ethnicity: Black, African American,
Hispanic, Latina



Therapy is a team effort! Each client is an expert in their own life, as the clinician, I pride myself in partnering with each client to optimize their life through the art of healthy communication, you will learn to heal, grow and prosper.

-DR. ASHLEY



As a financial coach, I will help every client to understand their personal money story. Have you ever wondered where your money is going and why. Through proven strategy, we will work together to develop a system to improve your financial health and emotional well-being. I can't do it for you, but I will do it with you.

-DR. ASHLEY



FOR MORE INFO:



(614)-795-5534



alowelc7@gmail.com



www.convoswithaclinician.com

Conversations
WITH A
CLINICIAN

Your
Mental
Health is
your
PRIORITY!!!



DR. ASHLEY
LOWE-SIMMONS, LISW

CERTIFIED FINANCIAL SOCIAL WORKER
CEO, CONVERSATIONS WITH A CLINICIAN





CONVERSATIONS WITH A CLINICIAN

"A safe space to have a candid conversations about mental and financial health"

INTRODUCTION

Conversations with a Clinician (CWAC) is a telehealth practice that normalizes therapy and provides each client the space to be the expert in their own life. Taking ownership of our stories and using them to strengthen our journey. The goal of CWAC is to provide a virtual experience for all clients. We specialize in supporting women experiencing:

- high functioning depression & anxiety
- life transitions
- financial distress,
- Generational trauma

SERVICES OFFERED

INDIVIDUAL AND GROUP THERAPY

Conversations with a clinician provide individual and group therapy sessions tailored to the unique needs of women of color. We offer a safe and supportive space for you to explore your emotions, gain insights, and develop effective coping strategies. Both our therapy and coaching sessions are designed to promote healing, personal growth, and empowerment.

FINANCIAL COACHING

Our financial coaching services aim to empower women of color to break unhealthy financial patterns, gain control over their financial circumstances and build a secure future. Conversations with a Clinician provides personalized guidance, practical strategies, and resources to help you achieve financial stability and peace of mind.

BUSINESS CONSULTING

As part of our commitment to holistic well-being, we offer business consulting services tailored to women of color entrepreneurs and business owners. Our consultants provide valuable insights, strategies, and support to help you establish and grow successful enterprises while prioritizing your mental health and overall well-being.



SPEAKING ENGAGEMENTS

Our clinicians are available for speaking engagements on various mental health, personal development, and well-being topics. With their expertise and engaging style, they deliver impactful presentations that educate, inspire, and motivate audiences to move and make impact. Whether it's a conference, seminar, or community event, our speakers bring a fresh perspective and valuable insights.

INTERVIEWS & PANEL DISCUSSIONS

Our clinicians are available for interviews, providing expert perspectives on mental health, personal growth, and well-being for women of color. Whether it's for print, digital media, or podcasts, their insights and experiences contribute valuable knowledge and understanding to the public discourse.

WORKSHOPS



Our workshops provide interactive and experiential learning opportunities for women of color. Led by our skilled clinicians, these sessions cover a range of topics such as:

- Stress management
- Self care
- Resiliency
- Money Matters
- Generational trauma

You'll gain practical tools and strategies ready for immediate implementation and support to enhance your well-being to navigate life's challenges.

FITNESS/MENTAL HEALTH COLLABORATIONS

We recognize the importance of the mind-body connection in overall well-being. Through collaborations with fitness professionals, we develop programs that integrate physical fitness and mental health support. These collaborations provide holistic approaches to promoting wellness and empowering women of color.