



**Ashley Howell**  
LCSW

## About Ashley Howell.

Ashley Howell is a licensed clinical social worker licensed by the North Carolina Social Work Certification and Licensure Board and the South Carolina Social Work Licensure Board. Ashley completed her undergraduate degree in Psychology at Wingate University and received her Master's in Social Work from UNC-Pembroke.

Ashley has been in the healthcare industry since high school, having volunteered in a variety of settings and worked as a pharmacy technician, an inpatient and home hospice social worker, as well as in home health.

Ashley also has an extensive background in working in the missions field both in the United States and abroad, serving in a variety of roles to help others, from meeting their most basic needs to assisting with reaching their goals.

Ashley has provided over 7 years of therapeutic services to individuals, families, and groups, ranging from children as young as five, young adults, adults, and the elderly. She enjoys working with those from diverse backgrounds and assists in the treatment of various disorders, including ADHD, anxiety, depression, caregiver issues and stress, chronic illness and disability, communication issues, OCD, panic disorders, PTSD, workplace issues, and coping with life changes.

Ashley offers both remote and in-person services in a clinical setting, utilizing a variety of therapeutic approaches to assist patients in their journey.

In her free time, Ashley enjoys spending time with family, taking day trips to new places, exploring, and learning about new things involving different cultures and religions.