

Ashley Ibbotson, PhD

Dr. Ashley Ibbotson is a Licensed Psychologist who is independently licensed in the state of Texas to provide therapeutic services to children, adolescents, adults, and families, as well as comprehensive psychological, neuropsychological, and psychoeducational assessments.

Dr. Ibbotson earned a doctorate in Clinical Psychology from Walden University in August of 2015. She obtained her Master of Arts in Psychology in 2008 also from Walden University and a Bachelor's of Psychology and Philosophy & Religion from the University of North Carolina at Wilmington in 2003.

Dr. Ibbotson joined the JCCTA team as a Post-Doctoral Fellow in July of 2017, having remained since after becoming licensed as a Psychologist in 2019. As part of our team, she has provided an array of psychotherapeutic interventions to individuals across the lifespan, in addition to numerous psychological, psychoeducational, and neuropsychological assessments. Previously, Dr. Ibbotson completed an APPLIC accredited pre-doctoral internship program where she conducted individual, group, and family therapies, comprehensive psychological evaluations, and crisis services with children, adolescents, and adults. She also provided community based forensic, educational, and disability assessments. As a practicum student, Dr. Ibbotson completed a six month internship training at an outpatient mental health facility. During this time, she provided outpatient services to children and adults, as well as facilitated group therapy sessions focused on social skills development with individuals on the autism spectrum and those who suffered from depression and/or substance abuse. Prior to this, Dr. Ibbotson facilitated three years of intensive in-home therapy and crisis intervention, providing interventions to families and youth who were at immediate risk of being displaced from the home and entering the foster care, juvenile justice, and/or social services systems. Dr. Ibbotson is also certified in Trauma Focused Cognitive Behavioral Therapy (TFCBT), and uses this model extensively to help children, adolescents, and adults overcome past traumatic abuse, physically, emotionally, sexually, and neglectfully. She was also an adjunct Psychology professor for three years, teaching classes in General and Developmental Psychology.

Dr. Ibbotson takes a collaborative approach with cognitive-behavioral and solution focused approaches to therapy and assessment. She enjoys exploring how thoughts and feelings affect behaviors, and focusing on interpersonal relationships among family members.

If Dr. Ibbotson can help you, your child, and/or your family, she is ready and able to do so. Please feel free to contact her directly at dribbotson@jonesccta.com with any questions you may have or if you feel she can be of service.