

Ashley Ibbotson, PhD

Dr. Ashley Ibbotson is a Licensed Psychologist who specializes in the treatment of children and adolescents and has a wide array of experience in working with individuals who experience a variety of mental health and behavioral challenges.

Dr. Ibbotson earned her 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 concluded her Post-Doctoral Fellowship at JCCTA in February of 2019, where she expanded her therapeutic skills working with children, adolescents, adults, and families, and in leading several social skills training groups. She conducted a wide array of psychological, psychoeducational, and neuropsychological assessments with individuals experiencing functional limitations across a vast array of areas. Previously, Dr. Ibbotson completed an APPIC accredited pre-doctoral internship program at the Scott County Behavioral Health Services in Gate City, Virginia. While at Scott County, she conducted individual, group, and family therapy, comprehensive psychological assessments, and crisis services with children, adolescents, and adults. She also provided comprehensive forensic, educational, and disability assessments to individuals in the community. As a practicum student, Dr. Ibbotson completed a six month internship training at an outpatient mental health facility, Coastal Horizons Center, in Wilmington, North Carolina. 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. Dr. Ibbotson completed three years of intensive in-home therapy and crisis services at Coastal Horizons Center in Wilmington, North Carolina, providing interventions to families and youth in crisis who were at immediate risk of being displaced from the home. Here, she focused on the family unit as an interdependent unit rather than highlighting only the needs of the identified client, providing individual, group, and family based therapies. Through extensive community based collaboration, the intensive in-home program had an 85% success rate of keeping children and adolescents from out of home placement (foster care, Department of Juvenile Justice, Department of Social Services placement, etc). Dr. Ibbotson is also certified in Trauma Focused Cognitive Behavioral Therapy (TFCBT), and uses this model extensively to help children and adolescents overcome past traumatic abuse, physically, emotionally, sexually, and neglectfully. She also has been an adjunct Psychology professor at Brunswick Community College for three years, teaching classes in General Psychology 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.