

Ashley M. Eppich, LMHC
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(317) 762-8084

LICENSURE:

Licensed Mental Health Counselor in the State of Indiana
License Number: 39002914A

EDUCATION:

Indiana University, Bloomington, Indiana
Master of Science, Counseling and Counselor Education
August 2011- December 2013

Indiana State University, Terre Haute, Indiana
Bachelor of Science, Psychology
Magna cum Laude
August 2006-May 2009

Bellarmino University, Louisville, Kentucky
Psychology Major
August 2004 – May 2006

PROFESSIONAL EXPERIENCE:

November 2017- Present Continuum: Mental Health and Wellness, LLC, Private Practice
Indianapolis, Indiana

Therapist

Responsibilities: Provide individual and couples therapy services to adults. Areas of specialty include emerging adults, relationship issues, LGBT clients, substance use disorders and trauma. Theoretical orientation is eclectic, but grounded in Cognitive Behavioral Therapy, Mindfulness Based Stress Reduction, Interpersonal Process, and Attachment Theory.

November 2016- November 2017 Lotus Counseling, LLC, Private Practice
Greenwood, Indiana

Therapist

Responsibilities: Provide individual and couples therapy services to adults. Areas of specialty include emerging adults, relationship issues, LGBT clients, substance use disorders and trauma. Theoretical orientation is eclectic, but grounded in Cognitive Behavioral Therapy, Mindfulness Based Stress Reduction, Interpersonal Process, and Attachment Theory.

March 2017- October 2017

Adult & Child Health
Indianapolis, Indiana

Community Based Clinical Staff Supervisor

Responsibilities: Provide clinical supervision to Bachelor's level clinicians working with the SMI population of Urban Indianapolis. Coordinate care with community partners and treatment providers. Provide direct service to exceptionally high-needs clients. Facilitate Women's Depression and Anxiety Group. Create and present Integrated Dual Disorder Treatment training for Community Based Service Line. Participate in weekly supervision with COO of company. Complete administrative duties such as payroll, mileage, hiring, service delivery and disciplinary action. Maintain organization of reports, data and cost center budget.

March 2014-March 2017

Midtown Community Mental Health, Adult Addictions Program
Indianapolis, Indiana

Therapist

Responsibilities: Provide individual, group, couples and family therapy services to adults dually diagnosed with mental illness and substance use disorders. Utilize Motivational Interviewing, Cognitive Behavioral Therapy, Interpersonal Process, and Dialectical Behavioral Therapy techniques. Conduct crisis intervention and suicide assessments when indicated. Case management activities include coordinating care within the agency and with outside providers, linking clients to community resources, consistent communication with referral sources and other treatment providers, advocating for clients in court, and other administrative duties. Submit timely, accurate and clinically relevant documentation in electronic medical record for all services provided.

June 2013- March 2014

Midtown Community Mental Health, Assertive Community Treatment
Indianapolis, Indiana

Care Coordinator

Responsibilities: Provide community-based case management and activities of daily living skills training as part of a team to adult clients diagnosed with a serious mental illness.

August 2012-May 2013

Butler University Counseling and Consultation Services
Indianapolis, Indiana

Therapy Intern

Responsibilities: Provide psychological services to students at campus counseling center including but not limited to intake interviews, diagnosis, individual counseling, consultation, treatment planning, and case management. Coordinate referrals to other university services. Participate in staff meetings, professional development seminars, and weekly individual and group supervision. Develop and present outreach programming specifically designed for the unique developmental, social, and psychological needs of college students.

Outreach topics:

- Sexual Assault Awareness
- Body Image and Eating Disorder Awareness
- Relaxation, Mindfulness

- Test Anxiety
- Stress Management
- Spiritual Struggle
- Safe Space Training
- Welcome Week: Raising awareness about the Counseling Center
- Early Registration for incoming Freshmen
- Retiring Athletes Program
- Emotional Intelligence

August 2012-December 2012 Practicum in College Sex Education
Bloomington, Indiana

Group Discussion Leader/Teaching Assistant

Responsibilities: Provide guidance and facilitation of small group discussion for human sexuality undergraduate course. Lead discussions on multiple topics regarding human sexuality as it relates to college students. Assist professor in grading assignments, tracking progress, and reviewing material discussed in class with students to ensure understanding. Prepare learning activities dealing with human sexuality and challenged students to explore their personal views on multiple facets of sexuality.

May 2012-August 2012 Bloomington Meadows Hospital, Inpatient Units
Bloomington, Indiana

Therapy Intern

Responsibilities: Provide psychological services to children, adolescents and adults at residential and acute inpatient units including but not limited to psychosocial assessments, treatment planning, case management, individual counseling, psycho-educational group therapy, art therapy, process oriented group counseling, and family counseling. Participate in treatment team meetings, professional development workshops, and weekly individual supervision.

April 2011-August 2011 Hamilton Center, Inc.
Bloomfield, Indiana

Wraparound Facilitator, Greene County

Responsibilities: Provide community based services to Medicaid eligible clients ages 6-18, including but not limited to case management, assessments including the CANS (Super User Certified), communication with multiple service providers (DCS, Probation, schools), coordinate and lead monthly team meetings, complete and update treatment plans, and attend weekly staff meetings. Request funding through the Community Alternatives to Psychiatric Residential Treatment Facilities (CAPRTF) Grant for services such as wraparound facilitation, habilitation, flex funding, and respite services.

June 2010-April 2011

Hamilton Center, Inc.
Bloomfield, Indiana

Direct Skills Technician

Responsibilities: Provide skills training of activities of daily living (social skills, coping skills, home care, anger management, money management) to clients with mental illness, substance use disorders and developmental disabilities. Work with clients in home and in the community developing skills necessary to function independently and improve quality of life.

TRAINING:

Supervisory Leadership Training, IARCA, Indianapolis, IN 2017

Center for Mind Body Medicine Training, Indianapolis, IN 2016

Advanced Dialectical Behavior Therapy, PESI, Indianapolis, IN 2015

Indiana Annual Recovery Month Symposium, Indianapolis, IN 2015

Treating Tobacco Dependence in Mental Health Settings, Indianapolis, IN 2015

National Conference on Addiction Disorders, St. Louis, MO 2014

RESEARCH EXPERIENCE:

Steinfeldt, J. A., Eppich, A. M., Biegel, A., & Halterman, A. W. A contextual exploration of men's affectionate behavior with other men. *Psychology of Men and Masculinity*. (In progress).

Research assistant, Cognitive Psychology Lab, Dr. Bradley Brubaker, Indiana State University, Terre Haute, Indiana, 2007-2008.

PRESENTATIONS:

Steinfeldt, J. A., & Eppich, A. M. (2012, March). *A Contextual Exploration of Masculinity and Affectionate Behaviors Between Men*. Poster presented at Great Lakes Counseling Psychology Conference, Purdue University, West Lafayette, Indiana.

Steinfeldt, J. A., & Eppich, A. M. (2012, March). *A Contextual Exploration of Masculinity and Affectionate Behaviors Between Men*. Poster presented at Women in Science Research Conference, Indiana University, Bloomington, Indiana.