



Ashley Hosek, MSW, LCSW-PIP, QMHP | Certified Neurotherapist

Ashley brings a unique, client-centered approach to therapy, specializing in neurofeedback – a non-invasive technique that uses real-time feedback of brain activity to help individuals learn to self-regulate their brain function and emotional regulation – to support individuals seeking personal growth and balance.

With a focus on mindfulness and an integrative, holistic method, she helps clients address a wide range of conditions, including ADHD, depression, anxiety, stress, insomnia, and PTSD. Ashley recognizes the courage it takes to step into therapy and strives to create a safe, nurturing environment where healing can flourish. She emphasizes on the strengths of each individual, using personalized therapy to harness their unique qualities, enhance their daily life, and allow them to become the best version of themselves.

By combining cutting-edge neurofeedback techniques with compassionate therapeutic care, Ashley empowers her clients to achieve lasting balance and well-being, tailoring each journey to the individual – mind, body, and spirit.

Education:

- Master's of Social Work (University of Iowa)

Licensures/Certifications:

- Licensed Clinical Social Worker–Private Independent Practice in the State of South Dakota
- Qualified Mental Health Professional (QMHP)
- BrainPaint® Trained and Certified Neurotherapist