



## Ashley Howell

Email

ashley.n.howell.phd@hushmail.com

Zip Code: 37403

Zip Postal: 37403-2504

Language: English

Populations Treated: Adolescents/Teens, Adults

Organization: University of Tennessee at Chattanooga

Treatment Options: In Office, Telehealth, Phone Consultations

Disorders Treated & Specialty: Stress, Trauma, Other, Social Anxiety Disorder, Depression, Agoraphobia, Anger Management, Anxiety, Emetophobia, Generalized Anxiety Disorder (GAD), Health Anxiety, Intrusive Thoughts, MDD, Obsessive Compulsive Disorder (OCD), Panic Attacks/Panic Disorder, Phobias, Posttraumatic Stress Disorder (PTSD), Sleep Disorders

Treatment Methods: Cognitive Behavioral Therapy (CBT), Cognitive Behavioral Therapy for Insomnia (CBT-I), Exposure Therapy, Telemental Health, Other

Payment Options: Accepts Cash and/or Checks, Accepts Credit Cards

Address1: 615 McCallie Ave

Address2: Dept 2803

Website: <https://u-matr.weebly.com/>

City: Chattanooga

State/Providence: Tennessee

Country: United States

Degree: PhD

Preferred Pronouns: she/her/hers

Email: [ashley-n-howell@utc.edu](mailto:ashley-n-howell@utc.edu)

Office Phone: 4234255321

Telehealth: Tennessee

Professional focus: Psychologist

### ABOUT

I am an Assistant Professor in the Department of Psychology at the University of Tennessee at Chattanooga and a licensed part-time clinical psychologist at Journey Mental Health in Chattanooga, TN. I specialize in the research, diagnostic assessment, and cognitive-behavioral treatment of anxiety disorders (i.e., social anxiety disorder, generalized anxiety disorder, phobias, and panic disorder/agoraphobia), posttraumatic stress disorder (PTSD), and obsessive-compulsive disorder (OCD). I am also experienced in cognitive behavioral therapy for insomnia. <https://www.journeytennessee.com/>

### TREATMENT APPROACH

Cognitive Behavioral Therapy (CBT)

Cognitive Behavioral Therapy for Insomnia (CBT-I)

Exposure Therapy

Telemental Health

Other

### POPULATIONS TREATED

Adolescents/Teens

Adults

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#### DISORDERS AND SPECIALITIES

Agoraphobia  
Anger Management  
Anxiety  
Depression  
Emetophobia  
Generalized Anxiety Disorder (GAD)  
Health Anxiety  
Intrusive Thoughts  
MDD  
Obsessive Compulsive Disorder (OCD)  
Panic Attacks/Panic Disorder  
Phobias  
Posttraumatic Stress Disorder (PTSD)  
Sleep Disorders  
Social Anxiety Disorder  
Stress  
Trauma  
Other

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#### PAYMENT OPTIONS

Accepts Cash and/or Checks  
Accepts Credit Cards



## ABOUT ANXIETY & DEPRESSION ASSOCIATION (ADAA)

### Looking for a Therapist? ADAA Can Help

ADAA's Find Your Therapist Directory is your trusted resource for connecting with licensed mental health professionals who specialize in treating anxiety, depression, OCD, PTSD, and other related disorders. Each provider listed holds a valid clinical license and brings expertise to support your mental wellness journey.

### If You're Having Trouble Finding a Therapist

If you don't find a match in our directory, we encourage you to:

- Contact your primary care provider
- Check with your health insurance company
- Explore other reputable directories of licensed mental health professionals

Please Note:

- U.S.-based clinicians cannot see clients who reside outside the United States due to licensing laws.
- Clinicians who do not mention insurance participation in their profile do not accept insurance.

**Know that you are not alone, and help is available. If you are in crisis call or text 988 for the Suicide & Crisis Lifeline.**

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*The members in ADAA's Find Your Therapist directory are listed for the sole purpose of helping the public or serving as an ADAA professional member referral.*

*The emails of the therapists cannot be used to contact them for any reason other than requesting mental health services or for an ADAA professional member to reach out to another member to discuss a possible referral. These emails are not to be used to solicit business or promote any products. ADAA reserves the right to take legal action if solicitations occur.*

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## HELPFUL LINKS

**ADAA Website**

<https://adaa.org/>

**Tips and Questions About How to Choose a Therapist That's Right for You**

<https://adaa.org/finding-help/treatment/choosing-therapist>

**5 Tips for How to Know If an Anxiety Therapist Is the Right Fit for You**

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/5-tips-how-know-if-anxiety-therapist-right-fit>

**Watch ADAA's Short "What is" Videos on Anxiety, Depression, MDD, PTSD, OCD and more!**

<https://adaa.org/resources-news/from-adaa-experts/videos>

**ADAA's Free Mental Health Webinars**

<https://adaa.org/resources-news/from-adaa-experts/webinars>

**Mental Health Personal Stories**

<https://adaa.org/educational-resources/from-our-community/stories-of-triumph>

**ADAA Free Newsletter Sign Up**

[https://adaa.informz.net/adaa/pages/Triumph\\_Subscribe\\_page](https://adaa.informz.net/adaa/pages/Triumph_Subscribe_page)

**Join a Free ADAA Online Peer-to-Peer Support Community**

<https://adaa.org/find-help/support>

**Meet ADAA's Institutional Members**

<https://adaa.org/professionals/Institutional-Memberships>

**Therapists: Watch ADAA's Find Your Therapist Video and Join the Directory!**

<https://youtu.be/Eq3zOzbfGoU>