

# Breaking Cycles, Building Futures: The Vision of Dr. Ashley Rodriguez, PhD, PMH-C

A Latina Psychologist's Mission to Make Healing Accessible for All



New York City, New York Apr 20, 2025 ([Issuewire.com](https://www.Issuewire.com)) - New York, New York - Ashley Rodriguez,

a licensed bicultural psychologist with a specialization in attachment, parenting, generational trauma, and healing, is proud to announce the launch of her new business, PathBreak Coaching and Consulting, LLC. With a commitment to trauma-informed, culturally responsive, and strengths-based care, Dr. Rodriguez aims to empower individuals, families, and communities to break the cycles of generational pain and create lives rooted in resilience and hope.

Dr. Rodriguez's journey into the field of psychology is deeply personal. Growing up in East Harlem, her early years were shaped by both love and adversity. Raised primarily by her grandmother, uncle, and older siblings while her mother was away, Dr. Rodriguez learned the importance of family support and resilience. A poignant symbol of her childhood was a red cloth gifted by her mother, which she placed under her pillow for protection against negativity and misfortune. This symbol of comfort and hope became something she clung to during some of the hardest years of her early life.

When her mother returned, she had transformed her life and went on to help others in profound ways, working as a correctional counselor and facilitating substance abuse groups for inmates. Witnessing her mother's journey of change taught Dr. Rodriguez one of the most profound lessons of her life: people can change when given the right tools and support. This early lesson in love and strength has become the foundation of her work, inspiring her to help others navigate their challenges.

With a Doctor of Philosophy Degree from Fordham Graduate School of Education and a Certification in Perinatal Mental Health (PMH-C), Dr. Rodriguez specializes in supporting women, parents, and families as they navigate cycles of trauma, loss, and transition. Recognizing the unique strengths and challenges faced by individuals navigating systemic oppression and cultural transitions, she employs evidence-based dyadic approaches to promote connection and healing. "I believe that the earlier we intervene and provide tools for healing, the greater the potential for lifelong change," says Dr. Rodriguez.

Her career has been profoundly shaped by her experiences within the child welfare system, where she witnessed firsthand the transmission of trauma across generations. This sparked her passion for breaking these cycles and changing family legacies. "Through my work with parents, children, and adolescents, I've seen how understanding attachment wounds can lead to transformative healing," Dr. Rodriguez explains.

In addition to her therapy services through her private practice, Dr. Rodriguez recognizes the need for accessible mental health resources. To address this gap, she is expanding her practice into the digital space, offering online courses, downloadable resources, and other digital tools designed to empower individuals on their healing journeys. Her upcoming course, The Legacy Reset, specifically aims to support women of color in reclaiming their narratives and reshaping generational patterns.

"Not everyone has access to therapy or the resources they need to heal," Dr. Rodriguez notes. "Through my digital offerings, I hope to make healing more accessible, affordable, and flexible for those who want to break generational cycles and build resilience."

PathBreak Coaching and Consulting, LLC, is dedicated to providing the tools, support, and guidance needed for individuals to heal generational wounds and nurture their inner strength. Dr. Rodriguez's mission is clear: to empower people of color to forge their paths toward healing and self-discovery. Her own story—from a little girl in East Harlem to a dedicated psychologist—serves as a testament to the transformative power of change and the resilience that exists within us all.

Dr. Rodriguez firmly believes that "healing starts with a single step, and you don't have to do it alone." She emphasizes the importance of community in the healing process: "Together, we can forge new

paths—for ourselves, our families, and the communities we love.”

For those seeking to break free from the constraints of generational pain and build a brighter future, PathBreak Coaching and Consulting offers a safe and nurturing space to explore personal narratives, foster connections, and unlock potential.

**Learn More about Dr. Ashley Rodriguez:**

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/85023509-Ashley-Rodriguez-Psychiatrist> or through her website, <https://pathbreak.mykajabi.com/>

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Source : Ashley Rodriguez, PhD, PMH-C

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