

Americas Best In Medicine Profiles Ashly Nicole Andersen, MS, LPCC, Clinical Mental Health Therapist At Milestone Care

Combining Somatic, Trauma-Informed, and Developmental Approaches to Promote Holistic Healing



Arvada, Colorado Mar 13, 2026 ([Issuewire.com](https://www.issuewire.com)) - Ashly Nicole Andersen, MS, LPCC, is a Clinical Mental Health Therapist and Associate Clinician at Milestone Community Wellness in Arvada, Colorado, where she specializes in somatic, trauma-informed, and nature-based therapeutic practices. With a focus on developmental biology and the integration of the natural world into healing, Ashly helps clients

rebuild resilience, reconnect with their bodies, and achieve emotional well-being.

Ashly holds a Master of Science in Clinical Mental Health Counseling with an emphasis in Somatic Therapy from Prescott College, where she focused on body-based healing modalities. Prior to her clinical work, she gained experience as a wildlife biologist, biology teacher, and park ranger, giving her a unique perspective on human and ecological development. This background informs her practice, allowing her to integrate nature-based experiences into therapeutic interventions that foster grounding, clarity, and inner strength.

Her approach blends somatic psychology, mindfulness, nervous system regulation, parts work, and person-centered talk therapy, along with guided meditation, yoga nidra, chakra alignment, walk-and-talk sessions, and experiential nature practices. She works with adults and older adults navigating trauma, anxiety, depression, grief, identity exploration, life transitions, relationship challenges, and the impacts of addiction. Ashly's methods are particularly supportive for those seeking deeper body-based processing or a restorative connection to the outdoors.

Committed to creating inclusive and affirming spaces, Ashly is an LGBTQ+ ally and ensures that every session fosters safety, curiosity, and compassion. With two years of professional experience and ongoing LPC supervision, she offers both in-person and teletherapy sessions, tailoring her care to each client's unique needs. Her practice is private-pay with a sliding scale option, welcoming both individuals and groups.

Ashly believes that every person carries an inner flame, even when life's challenges have dimmed it. Her work focuses on helping clients reclaim their strength, emotional clarity, and connection to self, empowering them to lead more grounded, fulfilling lives. She integrates her holistic approach to therapy with the knowledge that mind-body awareness, experiential learning, and connection to nature can accelerate healing and support long-term wellness.

Known for her warm, grounded presence, Ashly Nicole Andersen continues to provide compassionate, personalized care that helps clients navigate life's challenges, restore balance, and discover the tools to thrive in body, mind, and spirit.

Learn more about Ashly Nicole Andersen:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/providers/ashlynicole-andersen>

America's Best in Medicine

America's Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

Media Contact

America's Best in Medicine

*****@americasbestinmedicine.com

1-877-346-0175

Source : Ashly Nicole Andersen

[See on IssueWire](#)