

Ashley Canto, MS, LCSW, Recognized By America's Best In Medicine For Transforming Mental Health Therapy In Tampa, FL

Tampa's Dedicated Mental Health Clinician Combines Expertise with Compassion to Foster Emotional Growth and Resilience



Saint Petersburg, Florida Mar 18, 2026 ([IssueWire.com](https://www.IssueWire.com)) - Ashley Canto, MS, LCSW, is making significant strides in the field of mental health therapy, specializing in child, adolescent, teen, and family therapy. With a trauma-informed and evidence-based approach, Ashley creates a safe haven for her clients, empowering them to express their feelings and confront their challenges. Her practice focuses

on trauma, anxiety, emotional regulation, life transitions, and family dynamics, all while promoting resilience and lasting emotional growth.

Ashley earned her Master of Social Work from the University of South Florida, equipping her with the knowledge and skills necessary to support her clients effectively. She has further enhanced her clinical expertise by obtaining certifications in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Cognitive Processing Therapy (CPT), Parent Management Training (PMT), Emotional Freedom Technique (EFT), Motivational Interviewing, and Play Therapy. This diverse training enables her to tailor therapeutic interventions to the unique developmental and emotional needs of each client, whether they are children, adults, couples, or families.

Prior to launching her clinical practice, Ashley gained critical experience as a case manager within the foster care system, where she developed a deep understanding of the systemic challenges faced by children and families. Her work in various youth-focused settings, including schools, summer camps, and community programs, has allowed her to support emotional safety and developmental growth for many young individuals. Ashley emphasizes collaboration with caregivers, working to strengthen parent-child connections and build parental confidence through structured guidance and therapeutic feedback.

Ashley's person-centered philosophy honors the strengths and potential of every individual she encounters. She is dedicated to providing a nurturing, empathetic, and collaborative therapeutic experience. By facilitating meaningful conversations that foster personal healing and promote long-term growth, Ashley helps her clients navigate life's challenges with skill, compassion, and hope.

Offering both in-person and telehealth services, Ashley Canto is committed to making mental health therapy accessible for families in Tampa and beyond. Her passion for helping others and her extensive training position her as a vital resource for those seeking support in their mental health journey.

Learn more about Ashley Canto:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/ashley-canto>

America's Best in Medicine

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Media Contact

America's Best in Medicine

*****@americasbestinmedicine.com

1-877-346-0175

Source : Ashley Canto

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