

Benton Ashe, LCSW: Licensed Clinical Social Worker Providing Compassionate Mental Health Care in Nashville

**Adult Outpatient Therapist Uses Evidence-Based Approaches to Support Healing, Resilience,
and Personal Growth**



W. Ashe Expands Commitment to Accessible Mental Health Care Through Virtual Therapy

Licensed Clinical Social Worker (LCSW) Benton W. Ashe, MSW, continues to advance access to high-quality mental health services through his role as an Outpatient Virtual Therapist with Headway. Drawing on years of clinical experience in behavioral health, hospital case management, and family intervention, Benton provides evidence-based psychotherapy to adults navigating trauma, anxiety, depression, substance use disorders, personality disorders, and grief.

In his current position, Benton delivers virtual psychotherapy while maintaining comprehensive clinical documentation and conducting suicide risk, safety, and crisis assessments when needed. He also oversees client scheduling, communication, informed consent, and other practice management responsibilities, ensuring clients receive compassionate, ethical, and accessible care through a secure telehealth platform.

Before joining Headway, Benton served as an Outpatient Therapist with Frontier Health's Watauga Behavioral Health Services, where he developed individualized treatment plans and facilitated both psychoeducational and process-oriented therapy groups. His work included supporting individuals in addiction recovery, leading grief and loss groups, conducting client intake assessments, and serving as a recovery court liaison to help clients build accountability, maintain treatment engagement, and pursue long-term recovery.

Benton's diverse clinical background also includes serving as a Case Manager at Ballad Health's Johnson City Medical Center, where he collaborated with interdisciplinary healthcare teams to coordinate patient care, advocate for essential post-discharge services, and connect patients and families with critical community resources. Earlier in his career, he worked as a Family Intervention Specialist with Youth Villages, providing intensive in-home therapy to children, adolescents, and families using evidence-based approaches that strengthened family relationships and promoted healthy development.

A graduate of Appalachian State University with a Master of Social Work, Benton also earned a Bachelor of Arts in Psychology from Elon University, complemented by minors in Human Service Studies and Spanish. His clinical expertise includes Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), Motivational Interviewing (MI), and Nurturing Parenting Facilitation. Through his continued work in behavioral health, Benton remains committed to empowering individuals to achieve meaningful healing, resilience, and lasting emotional well-being.

Learn more about Benton Ashe:

Through his America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/benton-ashe>

America's Best in Medicine

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guidance for patients and peers alike.

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Source : Benton Ashe

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