

## About Me:

Ashley Lopez, M.S. M.S., CCC-SLP



Hi, I'm Ashley Lopez, a licensed Speech-Language Pathologist with a passion for helping individuals communicate confidently, regardless of fluency challenges. My journey into speech-language pathology began with an undergraduate degree in Psychology, where I developed a deep interest in the ways emotions, thoughts, and attitudes influence behavior.

I went on to pursue a Master's in Clinical Mental Health Counseling at the University of Houston-Clear Lake, graduating in 2020. Through this program, I gained a strong foundation in mental health and therapeutic practices, which has been invaluable in my approach to treating clients.

However, my interest in communication led me to pursue further education in the field of speech-language pathology. I completed my Master's in Communication Sciences and Disorders through Baylor University's Online CSD program, graduating in 2022. This program gave me a comprehensive understanding of speech and language development, along with fluency disorders.

I have a particular interest in fluency disorders and the powerful impact that emotions, attitudes, and cognitive processes have on one's speech. I believe that therapy should address not only the mechanics of communication but also the emotional and psychological aspects that can affect a person's confidence and self-esteem.

I'm committed to providing a supportive and empowering environment for my clients, helping them overcome challenges and develop the skills they need to communicate effectively and with confidence.

Speak Boldly.  
Stutter Proudly.  
Grow Confidently.

Let's work together to  
build the confidence  
to communicate  
authentically.

Are you ready to  
embrace your voice and  
speak with confidence?  
Reach out today to  
schedule a consultation  
and start your journey  
towards improved  
communication.

## Contact us



(281) 201-5419

[ashley@sugarlandspeech.com](mailto:ashley@sugarlandspeech.com)

[www.sugarlandspeech.com](http://www.sugarlandspeech.com)

138 B Eldridge Rd, Sugar Land,  
TX 77478



Embrace  
Your Voice:  
Empowering  
You to Speak  
with  
Confidence

Therapy for  
Stuttering at  
Sugar Land  
Speech and  
Language



A Safe Space  
to Stutter,  
Share, and Be  
Heard

Are you ready to break free from  
the fear and frustration of  
stuttering?

At Sugar Land Speech and  
Language, we believe that  
communication is about more  
than just fluency – it's about  
confidence, self-acceptance,  
and expressing yourself  
authentically.

With a background in  
psychology and a passion for  
stuttering therapy, I offer a  
holistic approach to help you  
build self-esteem, enhance your  
confidence, and improve your  
communication skills – all while  
embracing your unique voice.



## Our Approach

### Therapy Focused on You

At SLSL, therapy is not just about  
changing how you speak – it's about  
changing how you feel about yourself. Our  
approach is designed to support your  
emotional well-being while helping you  
communicate more effectively. Here's how  
we can help:


-  **1** Accept Your Stutter: Learn that  
it's okay to stutter. We focus on  
accepting stuttering as a part  
of you, rather than something  
to hide or feel ashamed of.
-  **2** Build Self-Esteem: Therapy is  
designed to help you recognize  
your worth, overcome negative  
self-talk, and develop  
confidence, regardless of how  
you speak.
-  **3** Enhance Communication Skills:  
Together, we'll work on  
strategies to make your  
communication more effective,  
focusing on what matters most  
– your message, not the way  
you speak.
-  **4** Create Lasting Confidence:  
Overcome fear, shame, and/or  
anxiety surrounding stuttering,  
and feel empowered in every  
conversation.

Through a combination of evidence-based speech  
therapy techniques and psychological insights, we  
will work together to create lasting change,  
focusing on both your speech and your mindset.



## Why It Works

### Why Choose Our Therapy Approach?

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- **Comprehensive Therapy:** Combining  
speech therapy techniques with  
psychological support to address both  
speech and self-esteem.
  - **Person-Centered:** Therapy is tailored  
to fit your individual needs and goals –  
no one-size-fits-all approach here.
  - **Emotional Support:** Gain tools to  
manage the emotional impact of  
stuttering, such as anxiety, self-doubt,  
and frustration.
  - **Creating a Safe Space:** A non-  
judgmental environment where you  
can practice, grow, and express  
yourself freely without fear of  
criticism.
  - **Focus on What Matters:** The goal isn't  
just fluency – it's effective, meaningful  
communication and the confidence to  
express yourself without fear.
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