



## 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



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**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?

- 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.

