

## Trauma-Informed Care: A Change in Perspective Author Biography

**Author:**

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Ashley Swinson is the Founder of TIDE Associates, a private practice that specializes in trauma-informed services and she is the Co-Founder of the Provider Sustainability Program Collaborative in Wilmington, NC. Her clinical expertise includes the treatment of dually-diagnosed eating disorders and trauma disorders, traumatic grief, dissociation, secondary traumatic stress among professionals, and provider sustainability; notably, she has become a national speaker on these respective topics. Ashley has developed trauma-based group curriculums for outpatient and intensive outpatient facilities, and she works closely with the Wilmington community providing clinical supervision to professionals, as well as customized workshops for agencies to improve organizational health and wellness. She holds an adjunct faculty position with the School of Social Work at the University of North Carolina at Wilmington and facilitates professional trainings through the university on the topics of social work ethics, supervision, and provider sustainability.