

Myhosi "Josie" Ashton

Therapist • Author • Advocate • Survivor



Turning Pain Into Purpose Through Trauma Healing, Advocacy, and Storytelling

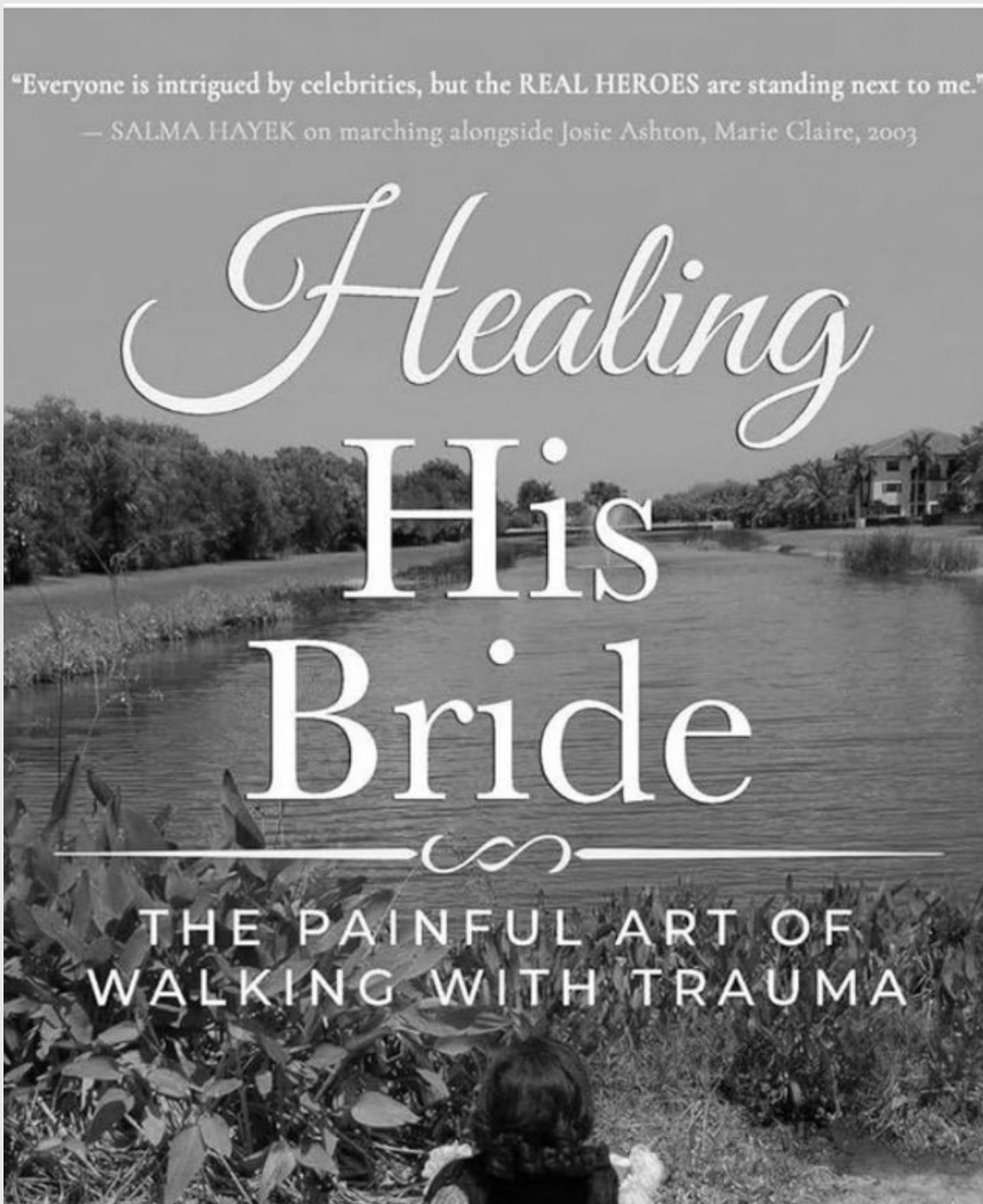
About Josie



Myhosi “Josie” Ashton, LMHC, is a trauma therapist, author, speaker, and nationally recognized domestic violence advocate. After surviving childhood trauma and abuse, she transformed her pain into purpose by leading a 1,300-mile walk in a wedding gown to raise awareness about domestic violence following the murder of Gladys Ricart.

For more than 30 years, Josie has worked in victim advocacy, criminal justice, and mental health, helping individuals, communities, and organizations heal from trauma and rebuild with compassion, accountability, and resilience. Through her work, speaking engagements, and upcoming memoir *Healing His Bride*, she continues to inspire others to move from survival to healing.





Healing His Bride is a powerful memoir of trauma, survival, faith, and transformation. Through deeply personal stories and reflections, the book explores the lasting impact of childhood abuse, domestic violence, emotional wounds, and generational pain while offering a path toward healing and restoration. Blending advocacy, spirituality, and lived experience, Healing His Bride invites readers to confront what was broken, reclaim their voice, and discover that healing is possible even after profound suffering.

@healinghisbride
www.josieashton.com

Media Kit

Featured In

The Miami Herald

marie claire

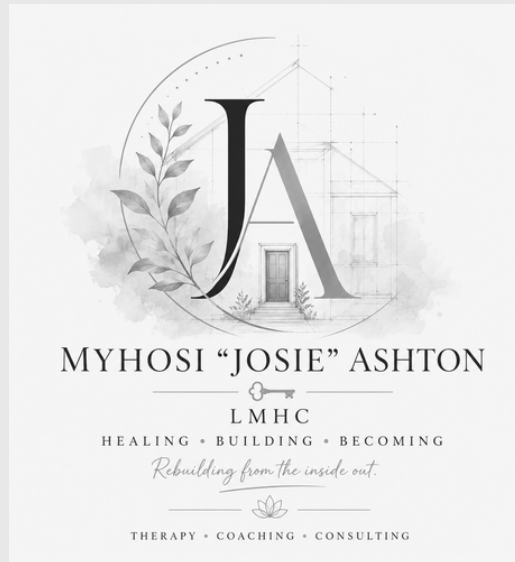


Latina



SABADO GIGANTE

My Mission



My mission is to help individuals grow, heal, and learn to live beyond their trauma by building healthier relationships with themselves and others. I am committed to rebuilding the emotional health and well-being of our communities through education, compassion, accountability, and healing-centered support.

Through therapy, consulting, training, and advocacy, I strive to help organizations and businesses transform their workplace culture into trauma-informed environments where people can show up with empathy, emotional awareness, and compassion toward both coworkers and clients.

I believe healing creates stronger individuals, healthier families, more connected communities, and more effective workplaces. My goal is to help people move from survival to wholeness—healing, building, and becoming who they were created to be.

@healinhisbride
www.josieashton.com

Media Kit





Testimonial

“Josie demonstrated extraordinary compassion and dedication to helping victims during some of the most difficult moments of their lives. Her voice, insight, and resilience continue to inspire, and this work reflects the same commitment to healing and advocacy that I witnessed firsthand.”

Manuel “Manny” Morales
Chief of Police
City of Miami

“With her Dominican roots and her American voice, author Josie Ashton traces the footsteps of a bride killed on her wedding day, a journey of many years she cannot abandon until she finally understands why the story captured her own heart.

If you care about women, and tradition, and violence, do not miss this riveting memoir.”

Johanna Neuman, author, historian, blogger

“Through raw storytelling, faith, psychology, and reflection, Ashton explores what she calls “blind emotional lesions”—the invisible wounds we carry without realizing how they shape our choices, relationships, and sense of self.”

Rita Smith
International Expert, Violence Against Women



Signature Talks & Themes

- Healing Is Messy, But Hiding Is Dangerous
 - Walking Wounded, Walking Free
 - From Survival to Healing
- Trauma Does Not Always Look Broken
 - The Wounds We Don't See
- Building Trauma-Informed Communities
 - Healing the Workplace
 - Breaking Generational Cycles
 - The Blueprint for Healing
 - When Advocacy Becomes Identity

Topics Include: Trauma Healing, Domestic Violence Awareness, Emotional Regulation, Resilience, Faith & Restoration, Women's Empowerment, Mental Health, Leadership, Burnout Prevention, and Trauma-Informed Culture.

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Media Kit

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