

# A NEW DAY PEDIATRIC PSYCHOLOGY

Healing the hurt. Educating the mind. Inspiring the soul.



**A New Day Pediatric Psychology, PLLC** falls under the vision of Dr. Ann-Louise T. Lockhart, Pediatric Psychologist and Board Certified in Child and Adolescent Psychology.

A New Day specializes in evidence-based behavioral health treatment, interventions, and psychological evaluations for children, adolescents, and adults with known or suspected behavioral health and/or medical conditions affecting all aspects of development and functioning.

Hello, my name is Ashley Mohesky, and I am a graduate student in Counseling Psychology at Angelo State University in San Angelo, Texas.

I was born with a neurological disorder known as Cerebral Palsy, which is caused by the lack of oxygen to the brain before, during, or after birth. The disorder affects the muscles and how an individual is able to move their body. Depending on the severity of brain damage, some people have the ability to walk and talk, but have difficulties in other areas. In some cases, individuals do not have any control over their bodies and are completely dependent on caregivers for daily activities. In my experience, I am mobile with the use of a wheelchair, and I use an eye tracking device to communicate.

I have overcome many obstacles. I graduated with honors with my bachelor's degree in psychology, and have worked with children with various disorders in the school system.

I am going to graduate school to become a Licensed Professional Counselor because I want to help individuals who are struggling with their own hardships, as well as let them know that I have the ability to be empathetic even though I might not have experienced what a client has endured. Although I cannot communicate verbally, I know that this is what the Lord is calling me to do, as I know that He will provide a way for me to be an efficient counselor; focusing on treating those with anxiety disorders.

## THE ABILITY TO THRIVE WITH CEREBRAL PALSY

BY ASHLEY MOHESKY  
FEATURED WRITER



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One of the misconceptions about cerebral palsy is that people with the disorder are also intellectually disabled. While cerebral palsy may cause cognitive impairment, this does not mean that everyone with Cerebral Palsy is going to function at a low cognitive level. What I have learned from my lifetime with CP, and taking Abnormal Psychology as an undergraduate course, is that people only understand from their level of perception. It is important to raise awareness and educate society on various disorders, but in the end, it is impossible to make people understand what someone is going through. When educating the public about my life with Cerebral Palsy, I always hope that I have made a difference, but I also know that I cannot reach everyone.

Most people believe that living with a disability is the hardest thing to do. However, it is society's attitudes towards people with disabilities that make the disorder challenging. Since I am nonverbal, I often come into contact with people who think that I do not understand what is going on around me, ultimately treating me as if I am a child. While this is frustrating, I try to understand that society is uneducated about how to interact with someone with a disability.

Although I face challenges, Cerebral Palsy has taught me to not take life for granted and to appreciate the little things. If it were not for my amazing support system such as God, family, former teachers, friends, and faculty at Angelo State University, I would not be thriving in life today.

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## STAY TUNED

This newsletter is issued every first and third week of each month.

The purpose of this newsletter is to educate, inspire, and bring healing and awareness by discussing a variety of behavioral health and medical conditions.

  
A New Day  
Pediatric Psychology, PLLC

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