



Laura Arnold

Behavioral Health Clinician

Philosophy of Care

I use a client-centered approach to therapy that integrates elements of CBT and mindfulness. I believe that the foundation of therapy is built with empathy, genuineness, and unconditional acceptance.

Education and Certification

Bachelor's in Psychology from Southern Illinois University Edwardsville; Master's in Clinical and Community Mental Health from Western Illinois University.

Specialization

Serious and persistent mental illness, trauma-informed care, women's issues, and military/veterans.

A little bit about me...

I love hiking with my dog, being outdoors, and spending time with my friends and family.



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