



Laura Arnold, LCPC

Behavioral Health Clinician

Education and Certification

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

Specialization

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

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.

A little bit about me...

I love hiking with my dogs, being outdoors, traveling, coffee, reading, and spending time with friends and family.



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