



## **Annique Vidal, BS, MHP**

### **Intern**

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#### **Education and Certification**

Bachelor of Science in Psychology and Biology from Midwestern State University, currently pursuing a Master's of Science in Clinical and Community Mental Health from Western Illinois University.

#### **My Treatment Philosophy**

My approach to therapy is grounded in creating a supportive, empathetic environment while challenging clients to take ownership of their lives. I blend person-centered, interpersonal, and existential theories, focusing on personal growth, resilience, and the power of choice. Together, we'll work to transform challenges into opportunities for growth, aiming for a more fulfilling life.

#### **A little bit about me...**

I find joy in outdoor adventures like hiking, as well as in getting lost in a good book and exploring new places through travel.

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