

Aimee Vadnais, Psy.D, LMFT, Leading Expert in Marriage and Family Therapy, Makes Strides in Psychology Education

Program Director at Azusa Pacific University's San Diego Regional Campus and Renowned Clinician in Private Practice



New York City, New York Jun 7, 2024 ([Issuewire.com](https://www.issuewire.com)) - Dr. Vadnais, a Co-Owner of Evolve Therapy San Diego, stands out as a highly respected Licensed Clinical Psychologist and Licensed Marriage and Family Therapist with an impressive career spanning over two decades.

With a wealth of experience working with clients ranging from 4 to 94 years old, she has honed her skills in various settings, including outpatient programs and intensive day treatment hospital programs. Her expertise extends to addressing a wide range of psychological issues, such as depression, bipolar disorder, ADHD, anxiety, infertility, and more. Dr. Vadnais is known for her specialization in providing individual, marital, family, child, adolescent, and group therapy, utilizing evidence-based techniques to promote healing and growth.

In regards to her educational background, Dr. Vadnais double majored in Psychology and Public Relations at Pepperdine University, before obtaining a Master's degree in Marriage and Family Therapy from the University of San Diego, and earning a Doctoral Degree (Psy.D) in Psychology from the California School of Professional Psychology at Alliant International University.

Committed to offering comprehensive care, she collaborates with psychiatrists and medical doctors to ensure her clients receive the best possible treatment. Her therapeutic approach is grounded in attachment theory and strengths-based, solution-focused techniques, providing a warm and empathetic environment for clients to explore their challenges and develop coping skills.

In addition to her clinical practice, Dr. Vadnais is actively involved in training the next generation of therapists. As an AAMFT-approved candidate supervisor, she provides supervision to MFT trainees and interns, guiding them toward becoming licensed therapists. She has also served as an Adjunct Professor at the University of San Diego and is currently a Professor at Azusa Pacific University, San Diego Campus, where she imparts her expertise in various psychology and therapy-related courses.

Dr. Vadnais' dedication to her clients' well-being, coupled with her extensive experience and commitment to ongoing education, makes her a trusted and sought-after therapist in the San Diego community. With a focus on promoting positive change and growth, she continues to make a meaningful impact on the lives of those she serves.

Learn More about Dr. Aimee Vadnais:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/83875713-Aimee-Vadnais-Psychologist>, or through Evolve Therapy San Diego, <https://www.evolve therapysandiego.com/>

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