

Brittany Chidley, Psy.D, Leading Psychologist and Therapist in San Diego

Offering Collaborative and Integrative Approach to Psychotherapy for Individuals, Adolescents, and Couples in San Diego



New York City, New York Jul 9, 2024 ([Issuewire.com](https://www.issuewire.com)) - As the Owner and Director of Trails Therapy in San Diego, Dr. Chidley brings a wealth of experience and expertise to her practice, offering psychotherapy for individuals, adolescents, and couples. With a commitment to promoting emotional wellbeing and breaking the stigma surrounding sharing feelings, she has recently launched And We

Feel, a passion project aimed at fostering open conversations about mental health and increasing access to resources for promoting emotional health.

A licensed psychologist and marriage & family therapist, she employs a collaborative and integrative approach in her practice. Whether clients are looking to manage current stressors, address unresolved issues, or enhance their overall quality of life, she works closely with them to develop personalized strategies that cater to their specific needs and goals.

"At Trails Therapy, we strive to create a warm and supportive environment where clients feel both cared for and empowered to make sustainable change," says Dr. Chidley. "It's not just about providing therapy; it's about connecting with those we work with and creating meaningful changes."

Throughout her academic career, she received a Bachelor's degree in Psychology & Sociology from San Diego State University, a Master's degree in Marriage and Family Therapy from the University of San Diego, and a Doctorate in Clinical Psychology from Alliant International University. Her solid credentials, coupled with her compassionate and empathetic approach, make her a trusted and sought-after therapist in the San Diego area.

In addition to her clinical work, Dr. Chidley is dedicated to raising awareness about mental health issues and encouraging open dialogue around emotions. Through her And We Feel project, she hopes to inspire others to prioritize their emotional wellbeing and seek support when needed.

Learn More about Dr. Brittany Chidley:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/81477052-Brittany-Chidley-Psychologist>, through Trails Therapy, <https://www.trailstherapy.com/about-2>, through And We Feel, <https://andwefeel.com/> or through her website, <https://www.brittanychidley.com/>

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