



Federico Aldarondo, Ph.D.

Membership Committee Chair

Term Expires: 12/31/2024

Federico "Felito" Aldarondo, Ph.D. is currently a psychologist in private practice in Lexington, KY. Previously he worked for almost 20 years at the University of Kentucky Counseling Center, where he served as the associate director and before that as the outreach coordinator. Prior to working at UK, he was on the faculty at Purdue University. He completed his pre-doctoral internship at the VA Healthcare System in Pittsburgh, PA. Dr. Aldarondo earned a Ph.D. in counseling psychology from Indiana University (1998) and an M.S. in clinical psychology from Mississippi State University (1993). His undergraduate degree in psychology is from Auburn University. He has worked and trained in a number of clinical settings, including a private psychiatric hospital, community mental health, university-based clinics, college counseling centers, and VA hospitals. He is a generalist practitioner, seeing clients in therapy for a wide range of presenting concerns. He is passionate about helping people as they develop their identities, cope with transitions and life challenges, and align with their values. His clinical and professional interests include substance use disorder prevention and treatment, healthy lifestyle change, motivational interviewing, mindfulness, equity and belongingness, interpersonal therapy, therapy supervision, and group work.

Diversity Statement: Multiethnic (Latino/White), cisgender male