

Alba M. Hidalgo, MSS, LCSW, NCPsyA

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*Offers Telehealth/telesupervision

**Offers flexible rates for candidates in training

Alba Hidalgo is a highly qualified and experienced professional in the mental health field. As a Licensed Clinical Social Worker and Certified Psychoanalyst, she has dedicated her career to helping individuals overcome their challenges and achieve personal growth. With her extensive education and training, Ms. Hidalgo brings a wealth of knowledge and expertise to her practice.

Ms. Hidalgo obtained her MSS from Brynmawr Graduate School of Social Work and Social Research, where she honed her skills in understanding the complexities of human behavior and the social factors that influence mental well-being. She furthered her specialization in psychoanalysis through rigorous training at the Philadelphia School of Psychoanalysis, developing a deep understanding of the unconscious mind and its impact on thoughts, feelings, and behaviors.

In her clinical work, Ms. Hidalgo focuses on working with adults aged 20 and older, providing individual and group therapy. Her practice encompasses a broad range of issues, with particular expertise in women's issues, grief and loss, trauma, postpartum depression, anxiety and depressive disorders, separation and immigration adjustments, as well as personal development and life transitions.

Utilizing a comprehensive approach, Ms. Hidalgo primarily employs psychoanalytic and supportive therapies to assist her clients in gaining self-awareness, exploring unconscious patterns, and resolving deep-seated emotional conflicts. By creating a safe and nonjudgmental space, she fosters an atmosphere of trust and collaboration, empowering individuals to navigate their challenges and discover their inner strengths.