



Federico Aldarondo, II, PhD

KPA President-Elect

Term Expires: 12/31/2026



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 APA 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 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. Of particular note, many of his clients struggle with OCD, autism spectrum disorder, anxiety and relationship problems. 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 (and nonsubstance addictions/compulsions), healthy lifestyle change, motivational interviewing, mindfulness, equity and belongingness, interpersonal therapy, therapy supervision, and group work. More recently part of his time and focus has been spent on leadership and advocacy for psychology on the state level.

Diversity statement:

Multiethnic (Latino/White), cisgender male