Rebecca Flake Aldea, Ph.D., ABPP

Clinical Psychologist

Rebecca Aldea is a licensed Clinical Psychologist and a partner at Evolve Therapeutic Services, PLLC. She has special interests in the treatment and assessment of emotional and behavioral problems in children and adolescents. She also conducts family and group therapy. Dr. Aldea has training in various therapeutic modalities and interventions, for example: Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT), Trauma Focused-CBT (TF-CBT), and Cognitive Processing Therapy (CPT). She is also certified to provide treatment for children and adolescents who have engaged in sexually abusive behaviors.

Dr. Aldea’s passion for working with children began as a young teen when she started volunteering in the playrooms at the Arkansas Children’s Hospital. She continued this volunteer work throughout high school and college at various hospitals including the Erlanger Hospital in Chattanooga, TN and the Boston Children’s Hospital in Boston, MA. Dr. Aldea graduated from Tufts University in Boston, MA in 1999 with a B.A. in Child Development. She then moved back home to Little Rock and worked at the Centers for Youth and Families in the Elizabeth Mitchell Adolescent Center. While doing this, she conducted research at the University of Arkansas at Little Rock (UALR) and Arkansas Children’s Hospital (ACH), and completed a post-baccalaureate degree in Psychology at UALR in 2002. Her research has been dedicated primarily to enhancing our understanding of Attention Deficit Hyperactivity Disorder (ADHD). Dr. Aldea attended the University of Kentucky where she worked under the mentorship of Dr. Richard Milich, a leading expert in the research field on ADHD. At the University of Kentucky, she obtained her M.S. in Clinical Psychology in 2005 and Ph.D. in Clinical Psychology in 2013. Dr. Aldea completed both her internship (April 2009-July 2010) and post-doctoral training (August 2015-January 2017) at the Arkansas State Hospital (ASH). She worked as a psychological examiner at ASH for a few years (August 2010-August 2012), before her family relocated to RI for her husband’s fellowship. While her husband worked on his fellowship in RI, she took off two years to raise her young children and complete writing her dissertation titled, “Emotion Recognition and Social Functioning in Children with and without Attention Deficit Hyperactivity Disorder.” Upon returning to AR, Dr. Aldea completed her post-doctoral training and then has been working as a full-time staff psychologist on the adolescent units at ASH since February 2017. There she provides individual, group, family, and milieu therapy; conducts psychological evaluations; and develops and implements behavior management plans for adolescents with wide a range of mental health illnesses. She also provides treatment for youth who have engaged in sexually abusive behaviors. Dr. Aldea additionally became the Co-Director of the Doctoral Internship Training Program at ASH starting in January 2018. Furthermore, she assists in supervision for the internship training program on the adolescent rotation. She was awarded ABPP, specialty board certification, in Clinical Child and Adolescent Psychology in November 2022.