



LIFEWORKS



PROVIDER INFORMATION SHEET

DR. ERIK X. ALONSO

SHORT BIO

Dr. Alonso is a bilingual English, Spanish clinician with extensive training in a range of therapies like: Forensic Psychology, Cognitive Behavioral Therapy, Solution-Focused, and Emotionally Focused Therapy. His expertise covers a wide array of emotional and mental health issues, including Anxiety, ADHD, Bipolar Disorder, Depression, Family and Marital Issues, and Trauma. With a Bachelor's in Social Work, a Master's in Clinical Social Work, and a Doctorate in Clinical Psychology, he excels in academic and practical realms. His notable internship at Miami Children's Hospital and Postdoctoral Residency in Psychiatry solidify his proficiency. Dr. Alonso is adept in handling cases involving Adolescents, Adults, and Families, specializing in Parental Alienation and Co-parenting Therapy. His work, recognized nationally, includes a published dissertation on Adolescent Suicide Prevention and appearances on English and Spanish television as a mental health expert. Dr. Alonso's approach is compassionate and effective, catering to a diverse clientele.

AGES

- Teenagers
- Adults
- Elderly

MODALITY

- Individuals
- Couples
- Families

EVIDENCED BASED FRAMEWORKS

- Brief Solution-Focused Therapy
- Cognitive Therapy
- Behavioral Therapy
- Cognitive Behavioral Therapy
- Emotionally Focused Therapy
- Motivational Interviewing
- Solution Focused Therapy

CLINICAL LICENSES

Conditionally Licensed Ind. Clinical Social Worker
LICSW-C

EDUCATION

Albizu University

Doctor of Psychology (PsyD)

Albizu University

Master of Psychology (MS)

Florida International University

Master of Social Work (MSW)

Florida International University

Bachelor's Degree in Social Work (BA)

CLINICAL SPECIALTIES

Assessment, diagnosis, treatment planning, treatment & collaboration of care of DSM-5 disorders, including:

- Anxiety
- ADHA
- Behavioral Issues
- Bipolar Disorder
- Career Issues
- Coping Skills
- Depression
- Divorce Issues
- Family Issues
- Grief Bereavement
- Life Transitions
- Marital Issues
- Mood Disorders
- Parenting
- Relationships
- Self Esteem
- Stress
- Suicidal Ideation
- Trauma
- PTSD



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