Dr. Erik X. Alonso

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drerikalonso.com | linkedin.com/in/drerikalonso | English & Spanish

EDUCATOR | CONSULTANT | MENTAL HEALTH PROFESSIONAL

PROFESSIONAL PROFILE

Bilingual educator, consultant, and mental health professional with a Psy.D. in Clinical Psychology, a concentration in Forensic Psychology, and master's degrees in psychology and social work. Experience in staff training, individualized education, program coordination, research support, and independent practice operations. Supervised, taught, or trained approximately 70 staff members and students. Brings a consultative approach to understanding needs, developing practical learning resources, communicating recommendations, and coordinating follow-through. Seeking nonclinical employment and consulting opportunities.

CORE COMPETENCIES

Training & Development • Workshop Facilitation • Individualized Learning Plans • Program Coordination • Needs Assessment • Research Support • Client & Stakeholder Communication • Practice Operations • Progress Reporting • Community Outreach • AI-Assisted Educational Content • Bilingual Communication

PROFESSIONAL EXPERIENCE

Psych Coach | Founder & Independent Life / College Preparation Coach | 2018-Present

• Use a consultative approach to clarify student, family, and professional goals and translate priorities into structured academic and personal development plans.

• Develop individualized learning plans and AI-assisted educational materials; review content for accuracy, clarity, and suitability.

• Coordinate sessions, learning resources, progress reviews, and follow-up; communicate practical recommendations to clients and families.

R3 Revitalize | Christian Life Coach (Independent Contractor) | Sep 2025-Present

• Provide individual and group coaching through the Unshakable Life Coaching Program, supporting resilience, personal growth, and major life transitions.

• Integrate faith-centered principles with structured goal setting, accountability, and practical behavior-change strategies.

LifeWorks Counseling Associates | Psychotherapist (1099 Contractor) | Mar 2022-Jul 2024

• Delivered remote individual and family services; documented goals and progress and maintained confidential records.

• Coordinated communication with clients and other professionals to support continuity of services.

Erik X. Alonso Private Practice | Psychotherapist / Practice Owner | 2011-2016

• Managed scheduling, billing, documentation, staff supervision, and client relationships.

• Prepared assessments and reports; collaborated with families, attorneys, and other professionals on recommendations and court-related consultation.

Kristi House | Comprehensive Behavioral Health Assessor (Independent Contractor) | 2011-2015

• Conducted child and family assessments and communicated findings to multidisciplinary professionals.

EARLIER PROFESSIONAL EXPERIENCE

Kristi House | Psychotherapist (Part-Time) | 2000-2002

• Provided individual, family, and group services; trained graduate psychology and social work students.

Psychsolutions, Inc. | Psychotherapist (Part-Time) | 2000-2002

• Delivered intensive on-site services for children and adolescents and their families.

Jackson Memorial Hospital - Roxy Bolton Rape Treatment Center | Senior Health Educator | 1998-2001

• Delivered violence-prevention education and connected participants with community resources.

Care Resource, Inc. | Psychosocial Counselor / Y-HIP Coordinator | 1995-1998

• Coordinated youth HIV/AIDS prevention education, community outreach, and school-based training.

University of Miami - Maternal Lifestyles Study | Social Worker I | 1993-1995

• Coordinated participant follow-up, home visits, referrals, and research reporting.

University of Miami - AIDS Comprehensive Research Unit | Case Manager | 1991-1993

• Supported behavioral research protocols, participant coordination, assessments, and reporting.

Mercy Hospital - Special Immunology Services | Case Manager | 1989-1991

• Coordinated access to healthcare and community support services.

EDUCATION

Doctor of Psychology (Psy.D.), Clinical Psychology | Carlos Albizu University | 2007
Concentration in Forensic Psychology

Master of Science in Psychology | Carlos Albizu University | 2005
Master of Social Work | Florida International University | 1999
Bachelor of Science in Social Work | Florida International University | 1998

ADVANCED PROFESSIONAL TRAINING

Miami Children’s Hospital (now Nicklaus Children’s Hospital)
Postdoctoral Fellowship, Child & Adolescent Track | 2008-2011
Clinical Psychology Internship | 2007-2008

SPEAKING & MEDIA

Presenter, 2024 NASW New Hampshire Chapter conference (professional ethics). Spanish-language expert commentary on child abuse, bullying, and family violence prevention for CNN en Español, Univision, Telemundo, and TeleAmerica.