

Dr. Alonso is a bilingual Post Doctoral Psychology Fellow at Lotus Counseling Center. She completed her doctorate degree in Clinical Psychology at Long Island University in New York City. She works with clients to address a wide range of concerns that cause personal distress, which can be experienced as feeling overwhelmed, anxious, and depressed. Moments of distress may also be marked by interpersonal difficulties with others, including family, friends, co-workers and partners, which can also be explored in therapy.

In her work with couples, Dr. Alonso carefully attunes to each person's needs, as well as, to the couple as a whole. She works with clients to pinpoint areas of communication that can be strengthened, developing stronger communication abilities that can positively affect other life areas as well. Furthermore, Dr. Alonso has extensive clinical experience with children, adolescents, and adults in a variety of mental health settings, including private and community mental health centers. Among her experiences, her work as a clinical researcher at the "Mood and Anxiety Disorders Program" at the Mount Sinai School of Medicine in New York City, provided a solid foundation in her knowledge and understanding of anxiety and depressive disorders, in addition to disorders associated with trauma. In her work at a substance abuse residential facility, she specialized in substance abuse, addictive behaviors, and trauma.

Dr. Alonso works with clients to better understand why obstacles persist despite one's best efforts. She believes that individuals can increase self-awareness, which helps pave the way for long-lasting change. If you would like to see if working with her feels right for you, please contact Lotus Counseling Center's main office at (305)915-5748 to schedule an appointment.