

Jessica T. Aloise, MSW, LCSW, QS

Licensed Clinical Social Worker, SW #1683

PROFESSIONAL SUMMARY

Licensed Clinical Social Worker with 20+ years of experience providing psychotherapy, clinical supervision, and behavioral health services across private practice, outpatient, residential, and psychiatric settings. Experienced in individual, couples, and family therapy, with expertise in substance use disorders, severe and persistent mental illness [SPMI], trauma-related disorders, anxiety, depression, relationship challenges, life transitions, and emotional growth.

Specializes in helping individuals navigate complex and overwhelming challenges by identifying barriers, expressing needs, confronting fears, and developing greater self compassion.

Known for building meaningful therapeutic relationships through evidence-based practice, mindfulness-based approaches, and integrative interventions that support healing, self-awareness, and lasting change. Brings a unique blend of clinical expertise, creativity, and leadership experience with a passion for helping individuals, couples, and families reconnect with themselves and one another.

CLINICAL EXPERTISE

- Individual, Couples & Family Psychotherapy
- Relationship & Family Systems
- Healthy Communication & Emotional Expression
- Boundary Setting & Relational Boundaries
- Conflict Resolution, Repair & Reconnection
- Emotional Regulation & Co-Regulation
- Attachment & Relational Patterns
- Substance Use & Co-Occurring Disorders
- Trauma-Informed Care
- Anxiety, Depression & Life Transitions
- Recovery-Oriented Treatment
- Mindfulness-Based & Integrative Therapy
- Spirituality-Informed Therapy
- Somatic Practices, Breathwork & Yoga-Informed Interventions
- Clinical Assessment & Treatment Planning
- Clinical Supervision & Consultation

CLINICAL APPROACH & SPECIALIZATIONS

- Helps couples and families develop practical skills for expressing emotions and needs, listening with greater empathy, setting appropriate boundaries, and responding rather than reacting during difficult interactions.
- Supports clients in identifying patterns of escalation, withdrawal, disconnection, and misunderstanding while developing healthier strategies for conflict resolution, repair, and reconnection.
- Incorporates emotional regulation and co-regulation strategies to help individuals, couples, and families remain grounded and connected during periods of stress, disagreement, and emotional intensity.
- Utilizes a relational and strengths-based approach to help clients increase self-awareness, understand interpersonal patterns, and create more secure and meaningful connections.
- Develops individualized treatment strategies for complex or persistent behavioral health needs.
- Created the “**Spirituality & Core Change**” curriculum, an integrative clinical program supporting identity development, values exploration, emotional healing, authenticity, and personal transformation.
- Designs and facilitates therapeutic groups, workshops, and clinician trainings focused on growth, connection, mindfulness, emotional regulation, and recovery.
- Integrates evidence-based clinical practice with holistic approaches while maintaining strong attention to ethics, clinical standards, and the therapeutic relationship.

CLINICAL EXPERIENCE

Owner & Psychotherapist

JTA Therapy, LLC | Palm Beach Gardens, FL

October 2021 – Present

Assistant Clinical Director

Mandala Healing Center | West Palm Beach, FL

May 2023 – Present

Primary Therapist

Mandala Healing Center | West Palm Beach, FL

August 2020 – May 2023

Group Therapy Facilitator

**Harm Reduction Center | West Palm Beach, FL
October 2018 – August 2020**

Therapist / Group Therapy Facilitator

**Beach House Center for Recovery | Juno Beach, FL
February 2016 – January 2019**

Primary Therapist

**Unity Recovery Group | North Palm Beach, FL
November 2013 – December 2015**

EDUCATION

Master of Social Work

Florida Atlantic University | Boca Raton, Florida

Bachelor of Science, Human Development & Family Science

Minor: Psychology

Florida State University | Tallahassee, Florida

PROFESSIONAL HIGHLIGHTS: WRITING & CONTENT CREATION

**Founder & Writer — *Blissfully Ordinary* 10
years | Online platform**

- Founded the website **Blissfully Ordinary**, serving as a space for self-help and mental health education through written content.
- Created and published articles focused on supporting women's mental health and inner growth, with particular emphasis on:
 - **The importance of female friendships** and connection
 - **Self-acceptance** and self-compassion practices
 - **Overcoming the inner critic** and negative self-talk
 - **Managing social media** to reduce negative mental health impact
 - **Learning to go with the flow** during uncertainty and change
 - **Managing exhaustion and burnout** with sustainable coping strategies
 - **Spiritual principles** as a supportive framework for healing and resilience
- Translated therapeutic concepts into accessible, relatable educational content to help readers build emotional awareness, healthy coping skills, and stronger self-connection.
- Maintained consistent publishing over a decade, establishing ongoing engagement with an audience seeking practical and compassionate mental health guidance.