



Dr. April D'Aloisio, R. Psych.
South Shore Psychological Services Inc
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Office Hours: By Appointment
NSBEP#: R0312

AREAS OF PRACTICE

Abuse: Emotional Physical / Sexual Anger Management Anxiety Assertiveness / Social Skills Attachment Issues Body Image Issues Caregiver Stress Couple Therapy Dealing with Disabilities: Physical Depression /Loneliness Family of Origin Issues	Family Violence Grief / Loss / Bereavement Habit Change Health Issues: Acute/ Chronic / Terminal / Life Threatening Obsessive-Compulsive Personal Growth / Wellness Personality Disorders Pain Management Phobias / Fears /Panic Relationship Issues Self Esteem	Separation/ Divorce/ Infidelity Sexual: Orientation / Gender Identity/ Transgender Sleep Disorders / Problems Stress Management Trauma, PTSD Workplace Issues: Stress / Burnout Harassment / Career / Retirement/ Bullying/ Harassment
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TREATMENT APPROACH

Cognitive-Behavioural
 Emotionally-Focused for Couples
 Interpersonal
 Schema-Focused
 Acceptance and Commitment Therapy

POPULATION

Young Adult 19-25
 Adult >25
 Aged ≥65
 Couples

ASSESSMENT SERVICES

Career / Vocational
 Pain: Chronic / Acute
 Personality
 PTSD

PROFILE

Dr. April D'Aloisio graduated from Dalhousie University with a Ph.D. in Clinical Psychology in 1995. Since that time she has been working as a clinical psychologist in private practice, hospital and university settings. Dr. D'Aloisio is currently the chief psychologist with South Shore Psychological Services Inc. She is a specialist in individual cognitive behavioral, schema focused, acceptance and commitment and interpersonal therapies for adults dealing with such issues as; depression, anxiety, PTSD, panic and grief. Dr. D'Aloisio also has an expertise in dealing with issues relating to seniors and caregivers and individuals with transgender issues. In addition, Dr. D'Aloisio uses emotionally focused therapy techniques to aid couples in de-escalating conflict and forming healthy attachment bonds.