

Brooke Gilbertsen, Psy.D., Clinical Director at 1 Method Center and Psychologist in Private Practice

Get to know Psychologist Dr. Brooke Gilbertsen, who serves patients in California.



New York City, New York Oct 12, 2023 ([Issuewire.com](https://www.issuewire.com)) - Dr. Gilbertsen is a licensed clinical psychologist with a career in mental health spanning since 2011, with a specialized focus on co-occurring disorders since 2013. Her expertise encompasses a wide range of psychological challenges, including depression, anxiety, relationship issues, life transitions, trauma, OCD, grief and loss, and addiction.

Proficient in working with diverse age groups, from children and adolescents to adults and elderly adults, Dr. Gilbertsen holds the position of Clinical Director at 1 Method Center in Los Angeles, California, and has her private practice in West Los Angeles. Her approach to therapy is marked by a blend of knowledge, experience, and empathy, providing invaluable support to clients and their families as they navigate their path toward recovery, well-being, and holistic healing.

Possessing experience working with a wide range of diagnoses from severe mental illness and personality disorders to depression and anxiety, Dr. Gilbertsen believes the underlying cause must be treated in order for freedom from addiction to occur. She treats the whole person, considering mental health diagnoses, genetics, neuropsychology, the context of the family and environment, social relationships, trauma and loss, vulnerability, shame, and self-worth. Her treatment arsenal encompasses evidence-based modalities, with an incorporation of mindfulness, spirituality, and psychodynamic techniques, all aimed at facilitating the healing process.

Operating with this philosophy, Dr. Gilbertsen is passionate about collaborating with her patients to tailor-make goals aimed at becoming the best version of themselves. In the process, clients often experience improvements in mood, motivation, relationships, and overall mental well-being. The ultimate goal is to create a fulfilling life that individuals genuinely look forward to, eliminating the need for constant escapes or vacations from reality.

Educated in the United States, Dr. Gilbertsen completed her Bachelor of Arts Degree in Psychology from San Diego State University in 2008. She then obtained her Master of Arts Degree in Clinical Psychology from Argosy University in 2013, after which she received her Doctorate in Psychology from The Chicago School of Professional Psychology in 2016.

Among her professional affiliations, Dr. Gilbertsen is an active member of the Women's Association of Addiction Treatment, the American Psychological Association, and the Los Angeles County Psychological Association.

Psychology is the science of behavior and mind. It includes the study of conscious and unconscious phenomena, as well as feeling and thought. It is an academic discipline of immense scope. Psychologists assess, diagnose, and treat the psychological problems and behavioral dysfunctions resulting from, or related to, physical and mental health. In addition, they play a major role in the promotion of healthy behavior, preventing diseases, and improving patients' quality of life.

Studying the correlation between mind-body medicine and quality of life, Dr. Gilbertsen is the author of *The Impact of Mindfulness on the Quality of Life of Cancer Patients*, published in 2017. She has been the keynote speaker for lectures on addiction and is passionate about helping others find their way as they take the courageous journey toward self-growth.

Learn More about Dr. Brooke Gilbertsen:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/85019626-Brooke-Gilbertsen-Psychologist>, through 1 Method Center, <https://methodtreatment.com/portfolio/brooke-gilbertsen/> or through private practice, <https://www.doctorbrooke.com>

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Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Brooke Gilbertsen, Psy.D.

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