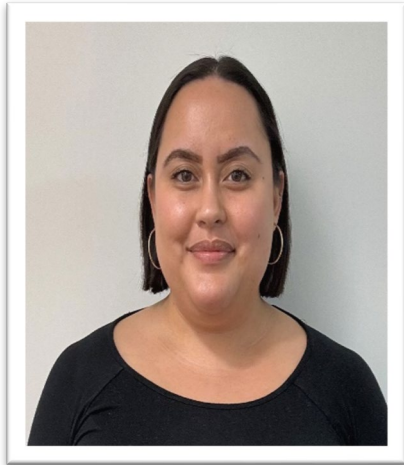


# MAREAS

*Comprehensive Therapeutic Services for Children & Families*



## **Brooklyn Arroyo, BA, RP** Psychotherapist

Brooklyn always been passionate about helping people. This passion led her to obtain a Bachelor of Arts, Honours in Psychology from Trent University with the ultimate goal of becoming a therapist. Interested in learning strategies to modify behaviours, she completed a certificate in Addictions and Mental Health from Durham College, which allowed her to help adults in group homes transition back into everyday life. Brooklyn's experience working with children in care has also informed her practice to include working with a trauma lens. Brooklyn completed her Masters in Counselling Psychology from Yorkville University and became a Registered

Psychotherapist. These experiences have honed and shaped Brooklyn as a therapist and proud member of the helping field.

Brooklyn has experience supporting children, teens, and adults who may be experiencing:

- Emotion dysregulation
- Eating disorders
- Substance abuse
- Self-criticism building
- ADHD
- Mood disorders
- Confidence and Self-esteem issues
- Trauma
- Relationship and attachment challenges

She has an eclectic style of therapy that is tailored to who her clients are for a truly personalized experience. Some therapeutic modalities include solution-focused therapy, cognitive behavioural therapy (CBT), dialectical behavioural therapy (DBT), and compassion-focused therapy. Brooklyn practices with a strength-based, compassionate lens as she collaborates with her clients to achieve goals that align with their healing journey.

Brooklyn is a registered psychotherapist with the College of Registered Psychotherapists of Ontario (CRPO # 10647).

In her free time, Brooklyn likes to read fiction, and spend time with family and friends exploring small towns connecting, walking and cuddling with her dog Beau!

*“What we don't need in the midst of struggle is shame for being human.” - Brene Brown*