

Brynna Farbod, Psy.D.

Dr. Farbod's professional interests and specialties include traumatic stress, anxiety, depression, healthy psychology, exercise and sport psychology, diversity issues, acculturation and multiculturalism issues, SMI, identity development, and Community-based Prevention and Intervention. She has conducted clinical and forensic evaluations and provided treatment in private practice, athletic institutions, outpatient clinics, hospital, and forensic settings. As an Iranian American, Dr. Farbod is also a passionate advocate for mental health and wellness within the Iranian community.

Dr. Farbod's theoretical orientation is an integration of Cognitive-Behavioral Therapy, Interpersonal Therapy, Attachment Based Therapy, Emotionally Focused Therapy, and Multicultural perspectives. One of the most important aspects of her work is the relationship and connection built between her and her clients. In collaboration with each client's strengths, she strives to build hope, resiliency, and develop new skills to help achieve emotional, behavioral and relational goals. Dr. Farbod incorporates evidenced-based research on the connection between thoughts, feelings, behaviors, and physical sensations. She works diligently to help maximize each client's unique strengths and assist them in actualizing their individual and relational potential.

Dr. Farbod is also the co-founder of ENTO, working with student athletes to assist in increasing optimal performance through positive mental health and character development. She is the lead program specialist for ENTO's character development program and continues to ensure a supportive and encouraging environment for young athletes to train in.

In her free time, Dr. Farbod enjoys spending time with family and close friends, watching scary movies, working out, boxing, dancing, watching sports, traveling overseas, and trying new foods. She is an avid coffee and tea drinker and loves finding new shops to try. As an Iranian American, she grew up loving and appreciating Persian music, dance, food, and traditions and continues to cherish upholding these traditions and practices in her day to day life.

Education:

- Midwestern University: Doctorate in Clinical Psychology
- Midwestern University: Masters in Clinical Psychology
- Arizona State University: Bachelors of Psychology; Minor in Political Science and International Studies

Training:

- Detroit Outpatient Center (Substance Abuse Treatment)
- Arizona State Hospital: Psychology Department (Forensic and Sex Offender Treatment)
- University of Arizona: Internship, Department of Psychiatry (Serious Mental Illness)
- The Child and Family Therapy Center: Post-doctoral Fellowship

Memberships: Iranian Psychological Association of America, Society for Psychophysiological Research, Association for Applied Sport Psychology, American Psychological Association, Arizona Psychological Association

*In any given moment we have two options: to step forward into growth or to step back into safety.*  
*-Abraham H. Maslow.*