



Bio for Brinell Anderson, Psy.D.

Dr. Brinell Anderson, originally from Houston, Texas, is a licensed clinical psychologist in the greater Los Angeles area. She is a part-time Clinical Associate Professor of Psychiatry and The Behavioral Sciences within the Keck School of Medicine of USC and has a private psychotherapy practice in Pasadena, CA.

She is a graduate of George Fox University (Newberg, Oregon) with a doctoral degree in Clinical Psychology. Her academic record includes a Bachelor of Arts degree with a double major in Psychology and Ethnic Studies from the University of Texas at Austin, a Master of Science degree in Community Psychology from Florida A&M University, and a Master of Arts degree in Clinical Psychology from George Fox University. She is a life-long learner and has completed two versions of the Psychoanalytic Center of California's one year certificate program in Adult Psychoanalytic Psychotherapy. Dr. Anderson has also been trained as a facilitator of Emotional Emancipation CirclesSM for people of African-descent to address the impact of internalized oppression. In 2015, she participated in the inaugural leadership training for a national racial reconciliation organization, Coming to the Table, whose mission is to provide leadership, resources, and a supportive environment for all who wish to acknowledge and heal wounds from racism that is rooted in the United States' history of enslavement.

Dr. Anderson is a well-rounded psychologist. Her graduate training incorporated working with African-American clients and integrating psychology and spirituality in psychotherapy. Her pre-doctoral internship at USC Student Counseling Services (UPC) focused on work with college students. Finally, Dr. Anderson completed her post-doctoral training in health psychology with a focus in HIV mental health at Harbor-UCLA medical center. Most recently, she completed a week-long certificate training on Strategies for Trauma Awareness and Resilience (STAR Level I) which has provided Dr. Anderson an additional lens through which to understand collective and cultural pain and healing.

Her professional interests and experience include psychoanalytic psychotherapy; mindfulness; psychological impact of chronic medical disease; psychotherapy with African-descended persons; spiritual issues in psychotherapy; grief and loss; body image issues; depression; stress and anxiety; individual, couples, and group psychotherapy; crisis intervention; and consultation.

Dr. Anderson has also taught doctoral-level clinical psychology students in personality theories, psychodynamic psychotherapy, group psychotherapy, clinical interviewing, and cultural diversity. She is passionate about sharing her expertise in workshop presentations, especially on topics addressing diversity, privilege, oppression, and professional identity development. She specializes in addressing healing from collective cultural trauma and hosts a weekly YouTube vlog entitled, "Beloved Blackness," wherein she addresses the beauty and richness of the African cultural tradition and legacy.