

Brooke Psychologists, LLC

Michael Brooke, PsyD
Karlaina Brooke, PsyD

Licensed Psychologists

Michael's Mini-Biography

(Please feel free to share this with your teen to help him or her get to know me.)

I grew up in the Big Sky Country of Montana. Activities like rafting, camping, and fishing were an important part of my childhood. I also liked some activities that were a little unusual for a Montana boy like gymnastics, piano, and role-playing games like Dungeons and Dragons. Sometimes, I got teased for those kinds of “quirky” interests, which I definitely didn’t like. It’s not a fun feeling when you don’t fit in. However, as I grew up, I was also able to learn some skills for making friends and to avoid being teased.

Skip ahead a few years... I traveled all the way to New Jersey to learn how to be a clinical psychologist. There I had the opportunity to work with a lot of children and adults who were “on the spectrum.” They taught me that there is no typical person “on the spectrum.” I learned that I liked helping others get better at making and **KEEPING** friends. I learned how important it is to learn these skills so that you can live on your own, keep a job, get along with your family, and also have a social life. It’s important to “fit in” when you need to, and I like helping people learn how to do that!!

On the professional side, I like working with children and adults on the spectrum (age 12 to adult). I provide social skills training and social skills groups. I also love working with parents of children who are on the spectrum. I like to help parents understand what their children need, how their children think, and how to help their children succeed in life. In fact, I like helping children and adults on the spectrum with the same things.

Oh, I am kinda tall (6 feet, one inch), kinda skinny (I am NOT telling you my weight!!), and definitely wear glasses (I need them to see, and I think they make me look kinda smart, which I kinda like). I look forward to seeing you in the group!!

Phone: 503-235-8696

Fax: 503-232-0791

www.brookepsychologists.com

**516 SE Morrison St., Suite 1010
Portland, OR 97214**

**400 E Evergreen Blvd., Suite 208
Vancouver, WA 98660**