

Brett Marroquin, Ph.D. / Solid Ground CBT



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I am a Licensed Clinical Psychologist specializing in couple therapy for LGBTQ+ couples and relationships, as well as individual therapy for LGBTQ+ people with anxiety and/or relationship problems. My practice, Solid Ground CBT, has office locations in West LA and Beverly Hills. I work with all types of people and take an inclusive and LGBTQ-affirmative approach. My clients would tell you I'm warm, supportive, direct, "real," and open-minded. I know how powerful therapy can be for meaningful, lasting growth and change — and how scary and challenging it can be. I also know how hard it can be to find an LGBTQ+ provider who also specializes in well-tested, scientifically-based therapies, especially for LGBTQ+ couples. My primary approach with couples is called Integrative Behavioral Couple Therapy (IBCT). IBCT is an empirically supported treatment that focuses on balancing acceptance and change in the relationship to improve emotional connection and find new, more effective ways of relating. In my work with couples, we identify core themes and patterns that are getting in the way of relationship satisfaction, explore how each partner's thoughts and emotions affect the other, and develop skills to improve emotional connection and build new patterns of interaction. My primary approach with individuals is Cognitive Behavioral Therapy (CBT). CBT is an empirically supported treatment that focuses on the ways that thoughts, feelings, and behaviors affect each other. In CBT we work together to develop and use

concrete skills to break free of maladaptive patterns that are getting in the way. In this work I also incorporate related therapies like Acceptance and Commitment Therapy (ACT) and Dialectical Behavior Therapy (DBT). I am a Licensed Clinical Psychologist in the State of California (license #PSY29499) and I am trained and certified in Integrative Behavioral Couple Therapy. I have 15 years of experience treating emotional disorders and relationship problems, including 6+ years of private practice in Los Angeles. I received my Ph.D. in Clinical Psychology from Yale University, completed my clinical internship/residency at Northwestern University Feinberg School of Medicine, and completed a postdoctoral fellowship in health psychology at UCLA. Please visit my website at www.solidgroundCBT.com and call or email for a free consultation to discuss whether I might be a good fit.

Additional Locations: Beverly Hills, West Hollywood, West LA

Gender: Male

Populations Served: Gay Men, Lesbians, Bisexuals, Non-Gay Men, Non-Gay Women,

Transgender, Gender Non-Conforming, Adults

Theoretical Orientations: Behavioral, Cognitive, LGBT-Affirmative Psychotherapy

Therapy Modes: Individual Psychotherapy, Couples Therapy

Degrees: PhD

Academic Institute 1: Yale University

Academic Institute 2: Northwestern University Feinberg School of Medicine

License Number: #PSY29499

License State: CA

Private Practice: Yes

HMO's / PPO's Accepted: Not in-network, but most clients receive out-of-network

insurance reimbursement. I can provide superbills/invoices for use in out-of-network

insurance coverage.

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