



Matthew Brinkley, PsyD, LMFT

LGBTQ+ Resource Center

Tell us a bit about yourself.

I earned my doctorate of Psychology in Marital and Family Therapy from the California School of Professional Psychology with a focus on LGBT Human Services and Mental Health. I have specialized training in trauma-informed care and transgender mental health.

What interests you about working with LGBTQ+ Resource Center students?

As a Black and gay clinician, I resonate with the specific struggles college students face to navigate their gender and sexuality. I truly enjoy helping individuals feel supported and validated regarding their marginalized identities, as they deserve to have that experience.

Do you have a favorite quote that keeps you motivated?

“People accept you at the level you accept yourself.”

What do you do to de-stress?

To de-stress, I enjoy my guilty pleasure of watching reality competition TV, attending music events, exercising, playing video games and dancing.