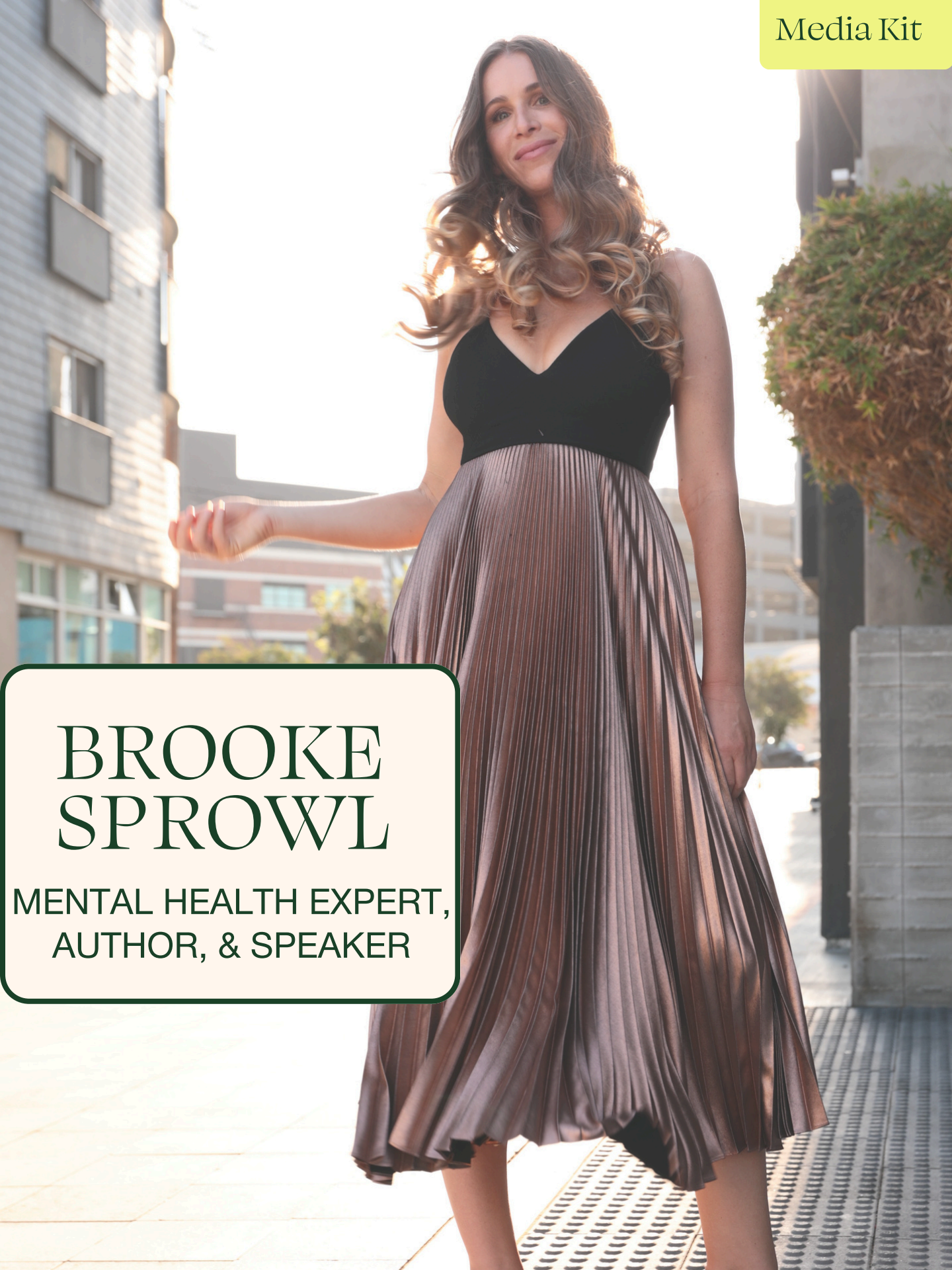


A full-page photograph of Brooke Sprowl, a woman with long, wavy brown hair, standing outdoors on a city sidewalk. She is wearing a black sleeveless top and a long, flowing, pleated skirt in a metallic bronze or copper color. She is smiling slightly and looking towards the camera. The background shows a modern building with large windows and a clear sky. The lighting is bright, suggesting it's daytime.

BROOKE SPROWL

MENTAL HEALTH EXPERT,
AUTHOR, & SPEAKER

Brooke's Audience

TOTAL REACH



2M+
AUDIENCE

WEBSITE



1M+
VIEWS + SESSIONS

SOCIAL MEDIA



40K+
SOCIAL MEDIA



“

Transcendence is the unending and ever- deepening process of loving surrender to life.

Brooke Sprowl



Potential Interview Questions

- | | |
|-------------|--|
| Question 1 | What are the most common pitfalls you see with mental health? |
| Question 2 | How do you help people make the unconscious conscious? |
| Question 3 | What are the biggest mistakes people make in relationships? |
| Question 4 | What is the difference between anxiety and worry? |
| Question 5 | What are the most important skills for effective communication? |
| Question 6 | What is the Reflection Principle and how can it help people transform? |
| Question 7 | What is the myth of logic and how does it harm our mental health? |
| Question 8 | What is unconscious anxiety and how can you identify and overcome it? |
| Question 9 | What is the Process Principle and why is it important? |
| Question 10 | How are character and Integration related to personal transformation? |

“

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Potential Interview Questions

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About Brooke

“

Global problems are not logistical. They are spiritual.

Brooke Sprowl

Brooke's mission is to affect cultural and systemic change through individual and collective healing, education, and awakening. Her original framework, Dynamic Integration Theory, maps out the principles of individual and societal transformation.

Brooke's expertise spans the gamut from evidence-based therapy modalities to optimal psychology techniques to time-tested spiritual practices. She received her bachelor's degrees in Neuroscience and Spanish from USC and her master's in Clinical Social Welfare with a mental health specialization from UCLA where she received multiple awards and honors for leadership and academic excellence.

Brooke has advanced training in peak performance and flow science from the Flow Research Collective and in Accelerated Experiential Dynamic Psychotherapy from the DEFT Institute. She has studied a wide range of transformational and spiritual practices from various traditions and institutions including the Mastery in Transformational Training, the Kabbalah Center, and the Modern Mystery School.

Topics of Expertise

Brooke's areas of special knowledge and expertise.

Mental Health & Psychology

Traditional psychotherapy and optimal psychology techniques.

Spirituality & Awakening

Spirituality, meditation, consciousness, and transformational practices.

Trauma & Anxiety

Trauma healing, somatic practices, and anxiety regulation techniques.

Relationships & Communication

Attachment, codependency, couples therapy, dating, and effective communication.

Intuition & Self-Trust

Accessing our inner knowing, somatic intelligence, and bodily wisdom.

Personal & Collective Transformation

Transformation, higher purpose, and social impact.

Integration &

Character

How integration and character relate to wellbeing, mental health, and spirituality.

Peak Performance & Business

Entrepreneurship, peak performance, flow science, and leadership.



“

Truth is the foundation of all liberation.

Brooke Sprowl

- The externality fallacy: The false idea that controlling what is external to us will bring us internal peace.
- Relational consumerism: The tendency to commodify ourselves and others in relationships.
- The reality illusion: The false idea that we perceive reality objectively and that existence is primarily material.

Original Work

Here are a few of the original concepts Brooke explores in her body of work.

- Dynamic Integration Theory: A psychospiritual framework that maps out the principles for individual and collective transformation.
- Circumstantial evasion: The tendency to try to reconfigure the circumstances of our lives to avoid the pain of doing the inner work necessary for genuine liberation.
- The Reflection Principle: Our problems reflect our blindspots, revealing the precise lessons we need to heal.
- Fractal Integration: How we live our lives in each moment reflects its overall quality and character.
- Temporal instrumentality: Relating to time as a means to an end and thereby missing its inherent meaning and value.
- Character refinement: The ongoing and iterative process of bringing our lives into Integration with our values and our perceptions into Integration with what is true.
- Transformative destruction: When difficulties, stress, and disruption lead to new skills and greater capacities.
- The surrender paradox: The more we surrender control, the more we experience a sense of control, and the more we try to control things, the more out of control we feel.



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“Awakening requires a relentless confrontation with our own annihilation, endlessly dying to our previous conception of who we were and being reborn to a truer, more vital, and more soulful self.”

Brooke Sprowl

Original Work

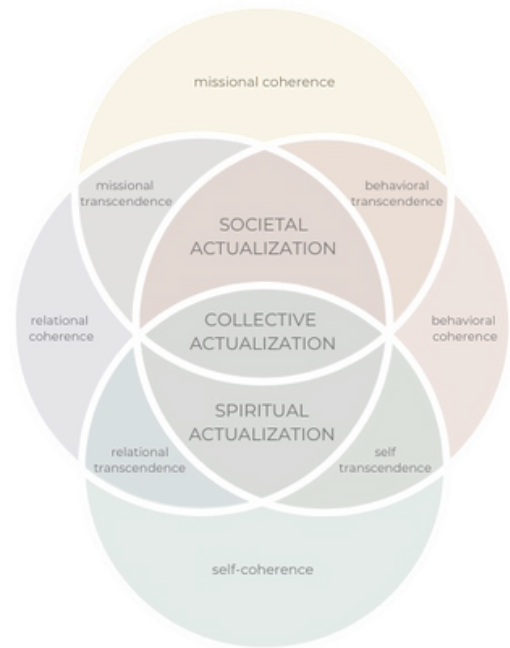
- The transformation paradox: In order to transform, we must accept ourselves as we are while simultaneously acknowledging and attending to our flaws and areas of growth.
- The myth of logic: The false idea that we can and should make decisions on an exclusively logical basis at the expense of our intuition and feelings.
- Co-creation loops: Feedback loops in which one person's behavior is both the cause of and caused by another person's behavior.
- Internal sourcing: Acting and sourcing energy and wellbeing from a centered place within.
- External sourcing: Acting and sourcing energy and wellbeing externally from a place of lack, scarcity, and anxiety.
- Superficial diversion: The tendency to attend to superficial elements of our difficulties in life, which distracts us from attending to the root causes.
- Emotional chess: Approaching relationships strategically to try to manage how the other person perceives us and to achieve a certain outcome rather than behaving authentically.
- Broken compass syndrome: The feedback loop in which, as a result of distrusting ourselves, we make poor decisions that bolster the belief that we can't trust ourselves.
- The Process Principle: How we do things is more important than what we do.
- Internalized capitalism: Equating our value as humans with our productivity and outcomes at the expense of being.

Dynamic Integration Theory

About

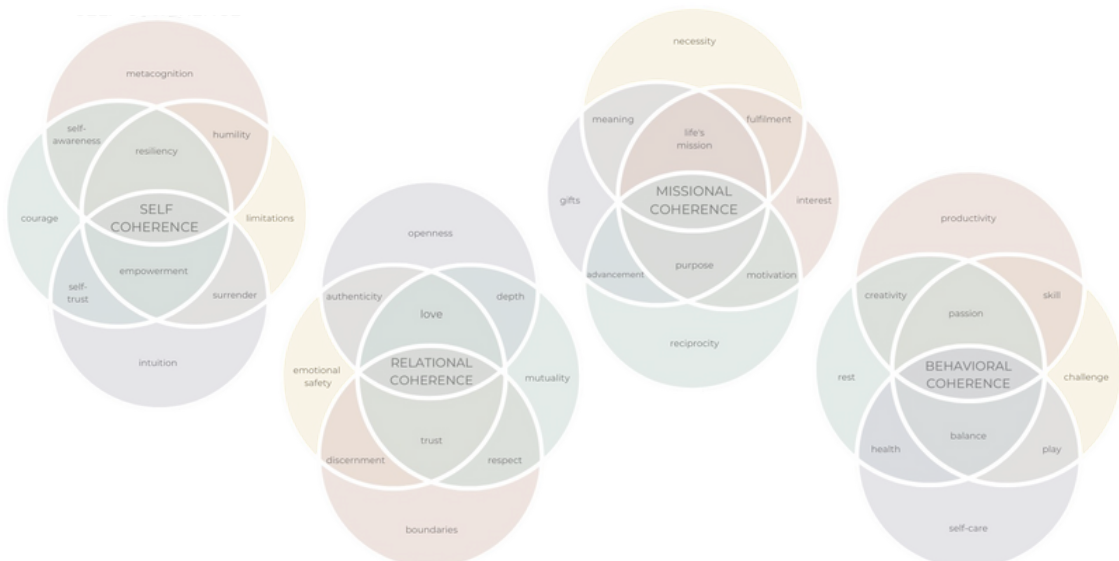
Brooke's original framework, Dynamic Integration Theory, is a model of psychospiritual development which outlines the principles of personal and collective transformation.

According to Dynamic Integration theory, as we bring each domain of our lives into Integration, the combinatory power stacks to create accelerated transformation, ushering in emergent states of consciousness and individual and collective capacities beyond what is ordinarily possible.



Integration

Dynamic integration is a state of Integration, balance, and wholeness. Dynamic Integration Theory outlines the principles of Integration and how they stack to unlock emergent transcendent states.



Dynamic Integration Theory

Transcendence

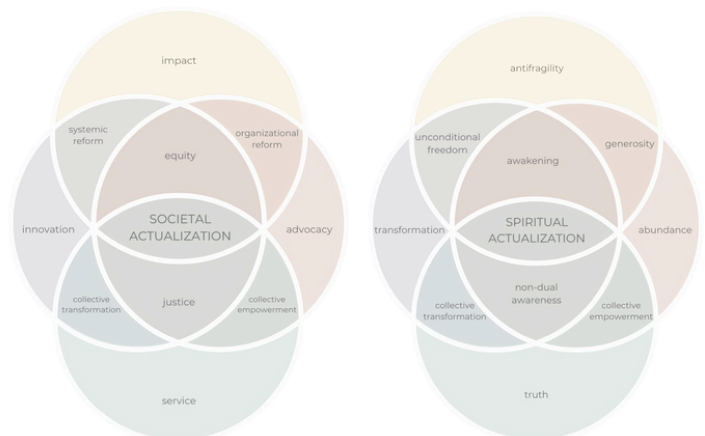
Transcendence refers to the unexpected states that emerge naturally from stacking Integration across multiple domains. If you look at the four domains of Integration, you can see how the two inner circles in each domain combine to become the outer circles of the transcendence diagrams.



Actualization

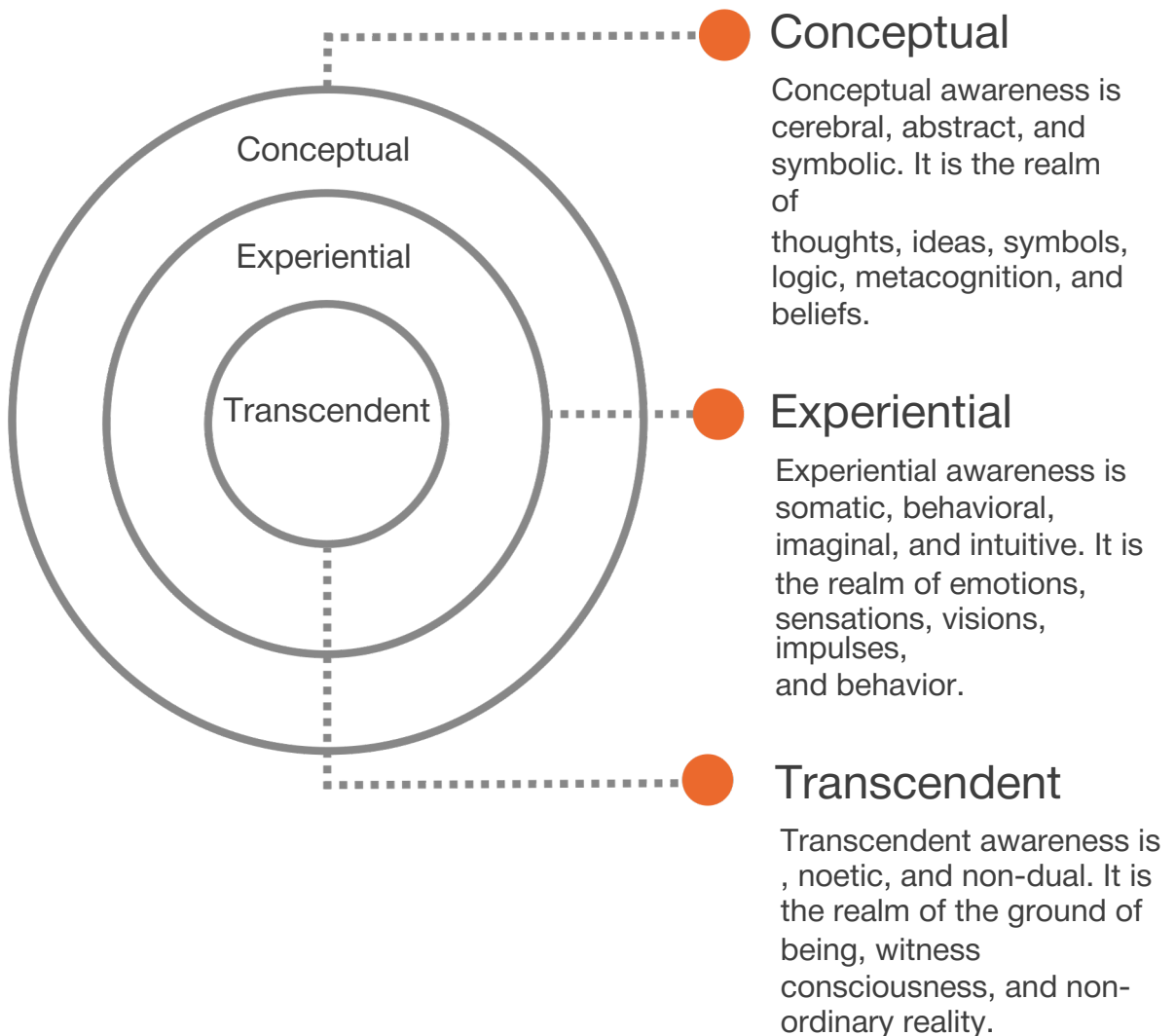
Just as Integration stacks and combines to create transcendent states, transcendence stacks across domains to create actualization.

As with Integration and transcendence, the inner circles of transcendence combine to create the outer circles of actualization.



Levels of Awareness

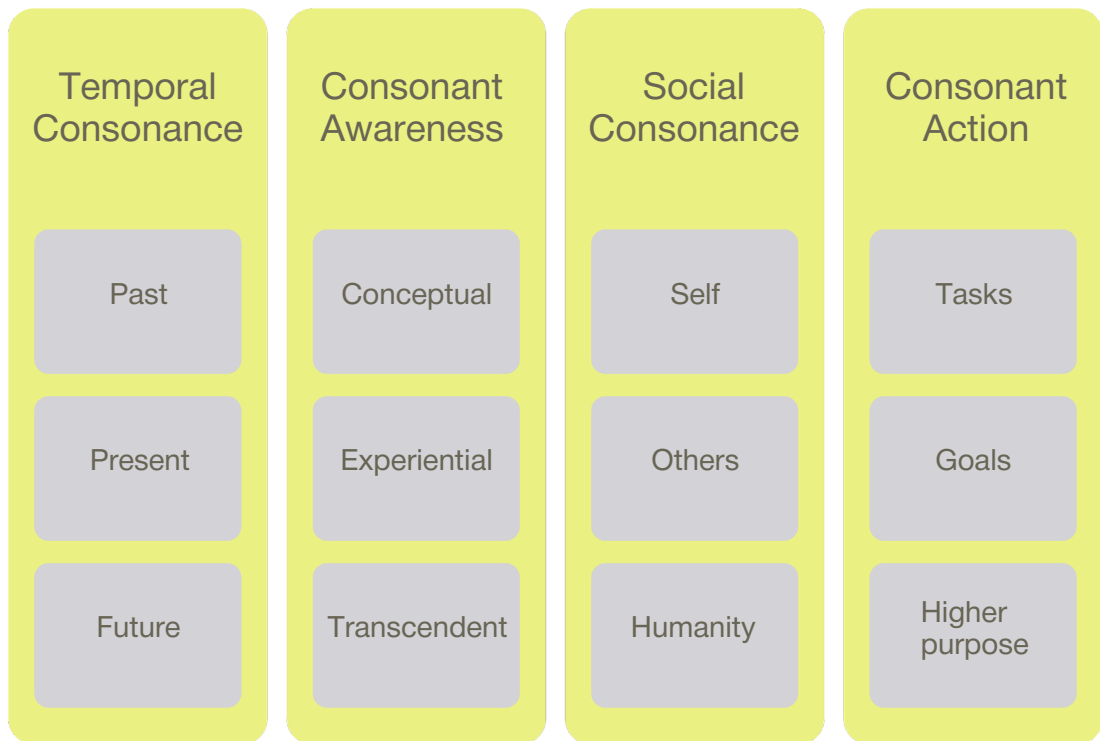
The three levels of awareness is a framework for understanding and deepening consciousness. It outlines the phenomenology of each dimension of awareness including characteristics of their optimal and suboptimal expression and practices to cultivate optimal awareness in each realm. Here is a high-level overview of the levels of awareness.



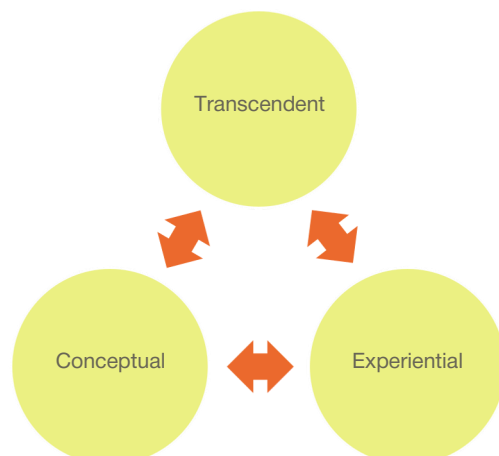
Original Work

Consonance

Consonance means relating to multiple elements of experience simultaneously and optimally. It is orthogonal to Integration and transcendence, adding a fourth dimension to the model.



The elements within each domain of consonance influence and are influenced by one another. For example, conceptual awareness both influences and is influenced by experiential and transcendent awareness, and vice versa. This multi-directional influence applies to all the elements within each domain of consonance.





Waking Up Podcast

WITH BROOKE SPROWL

The *Waking Up Podcast* features experts and leaders in psychology, spirituality, cognitive science, philosophy, self-discovery, and personal and collective transformation.

As the host, Brooke draws from her rich, cross-disciplinary experience as she engages in emergent conversations with some of the greatest minds of our time.

Annabelle E.



Insightful and refreshing, grounded and inspiring, I love the way *Waking Up* ties together spirituality and psychology seamlessly in a way that provides substantive insights I can use in my daily life.

Carolina L.



Listening to the first episode I got chills and I actually cried!

John S.



The show is both cerebral and down-to-earth. Brooke is very open about her own struggles and personal experiences in a way that makes her insights into psychological theories more accessible and interesting. Highly recommend!

SPIRITUAL AWAKENING AND
TRANSFORMATIONAL PRACTICES

with Leon Vanderpol

[LISTEN](#)

THE MAGIC OF PERSONAL
AND COLLECTIVE

with Jamaica Stevens

[LISTEN](#)

DISMANTLING INHERITED
PERCEPTIONS

with Alexander Federici

[LISTEN](#)



Sample Media Interviews

Here is a sample of a few recent media appearance Brooke has made for your review.

Print

- Business Insider
- The Los Angeles Times

Podcast

- Voices with Vervaeke
- The Nobody Guide to Life

Film

- Film: Mark Hyman's Broken Brain II



Tech Info

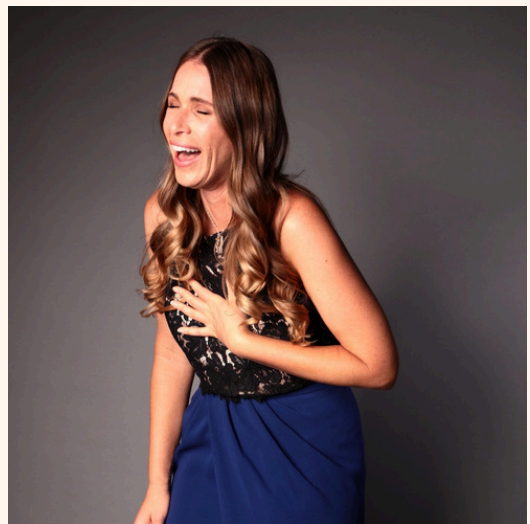
Brooke will ensure high quality recording by using her home studio prepared with front lighting, live video, an audio headset, and a professional microphone and sound equipment.

Depending on her travel schedule, Brooke may need to take interviews from the road. Please let her know in advance if you have any special requirements.



Photos:

Photos of Brooke are available for download upon request.





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Our central task in life is to unmask the hidden possibilities within our challenges and limitations.

Brooke Sprowl

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