



# JOCELYN BREWER

PSYCHOLOGIST + SPEAKER

## BIOGRAPHY:

Jocelyn Brewer is a Sydney-based registered psychologist with 7 years experience as a school counsellor (with students from K -12) and has fast become one of the leading commentators on issues relating to the way digital technology shapes aspects of society, behaviour and learning.

## BACKGROUND / LONGER BIO:

Jocelyn has 13 years experience in education both as a teacher of high school social sciences and as a school counsellor. Her 2009 psychology thesis explored the impacts of increasing access to Internet enabled laptops on a cohort of grade 10 boys and the emerging area of Problematic Internet Use (PIU) colloquially known as 'Internet Addiction'.

Jocelyn is the creator of **Digital Nutrition**™ – a framework to guide parents and consumers understand the virtual nutritional values of the online media content we consume via apps and games on tablets and screen technology. Digital Nutrition was awarded the [NSW Premier's Teacher Scholarship for Health Education](#), and will be the subject of Jocelyn's Masters of Applied Science research project at Sydney University's Faculty of Health Sciences.

Jocelyn is trained in Acceptance and Commitment Therapy (ACT) and Cognitive Behavioural Therapy (CBT), and uses a range of creative, practical and dynamic techniques to inspire positive change. She's an accredited '123 Magic & Emotion Coaching' and '[Engaging Adolescents](#)' practitioner. She is also a board-endorsed supervisor of provisional psychologists.

Jocelyn has a warm, humorous and engaging presentation style, and the ability to put scientific research into practical perspectives.

## KEY AREAS OF EXPERTISE:

- Children/young people/teenagers/adolescents/emerging adults
- **Mental Health and wellbeing:** self harm, depression, anxiety, the psychology of technology
- Parenting in the 21<sup>st</sup> Century: changes and challenges
- **Technology:** screen time, impacts, trends, boundary setting, digital citizenship, social media
- Gaming: alternative games, impacts of gaming, benefits of gaming
- Digital Nutrition: healthy online habits, digital detoxing, digital diets

## QUALIFICATIONS:

Bachelor of Arts – University of Sydney

Diploma of Education (Secondary) – University of New South Wales

Graduate Diploma of Psychology – University of Sydney

Post Graduate Diploma Psychology (School Counselling) – University of Wollongong

Masters of Applied Science (Candidate) – University of Sydney, Faculty of Health Sciences

## WEB & SOCIAL MEDIA LINKS:

[www.jocelynbrewer.com](http://www.jocelynbrewer.com) and [www.digitalnutrition.com.au](http://www.digitalnutrition.com.au)

Facebook: [www.facebook.com/JocelynBrewerPsychologist](https://www.facebook.com/JocelynBrewerPsychologist)

[www.facebook.com/DigiNutrition](https://www.facebook.com/DigiNutrition)

Twitter: [www.twitter.com/jocelynbrewer](https://www.twitter.com/jocelynbrewer)

[www.twitter.com/diginutrition](https://www.twitter.com/diginutrition)

LinkedIn: <http://www.linkedin.com/in/jocelynbrewer>

SlideShare: <http://www.slideshare.net/JocelynBrewer>



# SELECTION OF MEDIA AND PRESENTATIONS

- Jocelyn gave a [TEDx talk entitled 'The Quest for Digital Superfoods'](#) in May 2015.
- She regularly **comments on a range of issues** across online and print publications (DOLLY, Marie Claire, Essential Kids) as well as making TV and radio appearances.
- Her **original written pieces** have appeared in [Daily Life](#), [Junkee](#), [The Huffington Post Australia](#) [The Elephant Journal](#) and [The Education Review](#).
- Jocelyn was a spokesperson for the Australian Psychological Society's [Stress and Wellbeing Survey](#) for #PsychWeek 2015.
- Her **full portfolio** is here: [http://bit.ly/Jocelyn\\_Portfolio](http://bit.ly/Jocelyn_Portfolio) with some highlights below.

## TV & RADIO INTERVIEWS

Date	Show/Network	Topic
Mar 2012	<b>Conversations with Richard Fidler</b> – ABC Radio Nat'l	<a href="#">Gaming, kids and being a Hare Krishna Devotee</a> – 30 minutes
Jan 2014	<b>730 Report</b> – ABC TV	<a href="#">Are Smartphones making us less intelligence?</a> – 4 minutes
Dec 2014	Dr Katherine Albrecht Show – GNC Radio, USA	<a href="#">Technology and learning, Digital Nutrition</a> – 47 minutes
Dec 2014	<b>Studio Ten</b> - Network Ten TV, Australia	<a href="#">Digital Nutrition – Watching your online consumption</a> – 4 mins
July 2015	<b>The Digital Mindfulness Podcast</b>	<a href="#">Digital Nutrition: a conversation from Boston</a> – 35 minutes
Aug 2015	<b>SCOPE 4 SC's</b> – Google Hangout	<a href="#">What is Digital Nutrition?</a> - 20 minutes
Aug 2015	<b>Ed Tech Review India</b> – Google Hangout	<a href="#">Technology in Education, issues of overuse</a> – 20 minutes
Nov 2015	ABC News Breakfast	<a href="#">The APS's Stress and Wellbeing Survey results</a> – 7 mins
Jan 2016	ABC Local Radio Overnights	Digital Nutrition and healthy tech-habits – 1 Hour

## PRESENTATIONS & WORKSHOPS

Date	Event/Audience	Topic and link
<b>PRESENTATIONS FOR TEACHERS</b>		
Mar 2015	<a href="#">Future Schools Expo</a> – Technology Park	An introduction to Digital Nutrition for educators - 15 minute plenary
Mar 2015	<a href="#">Inspire Innovate ICT</a> Conference – ANZ Stadium, Olympic Park	Technology + Mental Health: How 'Digital Nutrition' can maximise benefits of technology and avoid the zombie apocalypse! - 1 hour workshop
July 2014	Sydney Boys High School – staff development day	Problematic Internet Use, Teenagers and Learning - 90 minute presentation
April 2013	Chester Hill High School – staff development day	<a href="#">Classroom Collaboration with online tools</a> - 90 minute workshop
<b>PRESENTATIONS TO SCHOOL COUNSELLORS AND PSYCHOLOGISTS</b>		
Nov 2015	Northern Sydney Region – School Counsellor conference	Digital Nutrition and Screenagers: trends in digital cultures and implications for our practice - 120 mins, delivered to 80 school counsellors
Nov 2015	School Link Talks	Digital Nutrition and the Psychology of Technology – 90 mins, 60 people
April 2015	Ultimo Networks of Principals - <a href="#">School Counsellor conference</a>	Digital Nutrition and Screenagers- navigating students towards the best of digital Technology. - 90 mins, delivered to 30 school counsellors
July 2014	Fairfield District School Counsellors – staff development day	Teens + Technology & mental health - 1 hour presentation, delivered to 40 school counsellors
Sept 2012	Fairfield District School Counsellors – staff development day	<a href="#">What is PIU and how do we treat it?</a> - 1 hour presentation, delivered to 40 school counsellors
<b>OTHER PRESENTATIONS</b>		
Dec 2015	Figtree High School – Wellbeing assembly	45-min workshop on Digital Nutrition presented to <b>170 Year 8 students</b>
Oct 2015	<a href="#">Shire Australia</a> : Clinical Insights for ADHD - Melbourne	45-minute workshop for <b>150 Paediatricians</b> on the impacts of technology overuse and intro to Digital Nutrition principles.
Sep 2015	Science at The Local, Springwood	90-min presentation on Digital Nutrition delivered to <b>70 locals</b> at the bowlo
April 2015	<a href="#">The Human Rights Arts and Film Festival</a> – Gala screening	15-minute address to <b>450 guests</b> at the event's annual fundraiser after the screening of <a href="#">Web Junkie</a> .
Mar 2015	<a href="#">The Kolling Institute of Medical Research</a> – Royal North Shore Hospital	1 hour presentation - Internet and Technology use: how much is too much? – Scientific Staff Council Forum – <b>50 research staff</b>
Dec 2014	<a href="#">Nerd Nite Sydney</a>	<a href="#">If the Internet isn't addictive why am I jonesing for LOL catz?</a> - 30 minute presentation to 50 'nerds'.
2014-15	Birrong Public School	123 Magic Parenting program to 15 parents – 3 sessions of 2.5 hours
June 2013	<a href="#">HealthEd</a> – Women and Children's Health update, Perth	<a href="#">What GP's need to know about Internet/Technology Addiction</a> - 1 hour presentation to 300 delegates