

Many parents are struggling with the way that young people use digital devices and for some young people their habits become a significant problem.

I have dedicated a decade as a Psychologist to understanding digital practices, cyberpsychology and wellbeing. I provide counselling/therapy and support to parents and families seeking to address the role devices play in their homes and place better boundaries around technology use.

The following Digital Wellbeing package is designed to help parents and young people collaborate on improving their digital habits, communication and stay aligned to their values.

## + Package inclusions

### Intake surveys, background gathering + formulation

Parents and children/young people are asked to complete surveys and questionnaires. These have been devised to outline their tech use habits/patterns, perceptions of the issues and developmental background. This information is reviewed and used to prepare for and inform the 3 sessions (available F2F or online).

### Session 1: Parent meeting – 1 hour

I work with parents to understand their challenges and interpret the intake information to formulate goals and a roll-out plan. We explore parent's capacity to create change and maintain consistency, as well as family values and attitudes to technology. This session is used to inform the initial outline of a tech use agreement.

### Session 2: Initial Family Meeting – 1.5 hours

This meeting is for all family members. In this session we talk about what the family values and goals are and explore the impacts of technology use on relationships, academics and psychological functioning. We also provide young people the opportunity to make suggestion on the tech use agreement in the home and to agree on a plan

### Session 3: Family meeting, follow up (3 to 4 weeks later) – 1.5 hours

This session is important to revise and revisit what the family has learned, discuss what's worked well and what hasn't (and explore why). We review the tech use agreement and plan, tweak and reset goals and intentions.

**Reasonable support between sessions** is provided, this might include brief phone calls and check ins, additional resources or supporting materials and troubleshooting.

**+ Investment:** The fee for this package is \$1290+GST. 50% is due at intake (and is non-refundable) and the final 50% is due at the end of session 2.

**+ Bookings:** contact Jocelyn directly via [hello@jocelynbrewer.com](mailto:hello@jocelynbrewer.com), limited availability.