

Daniel Brown

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Education

DOCTOR OF PHILOSOPHY IN CLINICAL PSYCHOLOGY (CANDIDATE) | 2014 - CURRENT | GRIFFITH UNIVERSITY

I am currently completing my Doctor of Philosophy in Clinical Psychology with a research focus in Health Psychology. The current program of study combines the research requirements of a traditional PhD with the applied training of a Master of Clinical Psychology. My thesis title is: *Predicting health behaviour: application of a multi-theory, dual-phase model and the role of past behaviour.*

BACHELOR OF PSYCHOLOGY (HONOURS) | 2008 - 2011 | GRIFFITH UNIVERSITY

I completed all necessary requirements of the Bachelor of Psychology including an Honours year made up of 50% course work and a 50% thesis component. A copy of my academic transcript can be provided.

Skills & Abilities

APPLIED CLINICAL PSYCHOLOGY/THERAPY

- Through my experience in private practice and my clinical psychology training, I have developed a range of applied skills. I have had training and have used cognitive behavioural therapy (CBT), acceptance and commitment therapy (ACT), schema-focussed therapy, and motivation interviewing (MI). I also draw from Dialectical Behaviour Therapy (DBT), Intensive Short-Term Dynamic Psychotherapy (ISTDP), and Interpersonal Psychotherapy (IPT). I excel at being able to use a range of interpersonal and micro-counselling skills to effectively build rapport and the therapeutic alliance with clients across the life-span and from different multi-cultural backgrounds.
- I have worked clinically with a range of clients including children, adolescents, families/parents, adults, and a geriatric population. I have treated a variety of presentations including behavioural issues, depression, anxiety, personality complexities, emotional dysregulation, self-esteem, chronic pain, and with a range of other co-morbid problems.
- To date my client demographics are approximately: 55% male, 45% culturally and linguistically diverse, 90% adults.

RESEARCH

- I have developed a range of research skills during my PhD and through my research assistant work. I have experience in quantitative and qualitative methodologies as well as using a range of statistical/methodological/survey instrument software (e.g., SPSS, Mplus, WARPPs, Nvivo, Qualtrics, LimeSurvey).
- My experience in quantitative research includes designing and running paper-based as well as online surveys through a variety of web-platforms. I can appropriately screen and clean the data before analysing it in a variety of statistical packages to conduct basic analyses (e.g., univariate analyses) as well as more complex analysis (e.g., structural equation modelling, factor analyses).
- My qualitative experiences include conducting interviews and the appropriate analysis of the data (e.g., thematic analysis).
- I am able to plan a range of research designs including cross-sectional, prospective, panel, and experimental/intervention designs. A particular strength of mine is to be able to appropriately identify and map theoretical constructs into the relevant research design.

TEACHING

- I have taught as an academic tutor in a range of courses (from first to third-year courses) and consistently have student ratings above 4.3/5. Student feedback regularly identifies that I am particularly enthusiastic and passionate which facilitates student engagement in the course. I have also won an award for work in teaching and learning from Griffith University.
- I am currently co-creating a post-graduate psycho-oncology unit

Work Experience

PSYCHOLOGIST | ER HEALTH CLINIC, INALA | 03/18 – CURRENT

I currently work 2.5 days a week in private practice. As the clinic is based in Inala, I work with a high proportion of clients who are culturally and linguistically diverse (CALD) and from a low social-economic status. My work predominantly involves:

- Working with clients across the lifespan but mostly treating an adult population
- Delivering personalised therapy appropriately drawing from a range of evidenced-based treatments
- Using feedback informed therapy approaches
- Conduct assessments with clients on a need's basis
- Maintain accurate recordings of service provision in accordance with regulatory laws and to maintain appropriate inter-professional relationships.

RESEARCH ASSISTANT | HEALTH AND PSYCHOLOGY INNOVATIONS (HAPI) LAB, GRIFFITH UNIVERSITY | 06/16 - CURRENT

I have worked on a range of research projects using quantitative and qualitative research methodologies. Responsibilities include:

- Facilitate data collection using a variety of methods (e.g., face-to-face, online)
- Supervise other research volunteers on the relevant projects
- In-put data for large-scale meta-analytical work
- Create and implement surveys for paper-based and online-use using a number of platforms (e.g., LimeSurvey, SurveyMonkey, Qualtrics)
- Conduct interviews for qualitative/mixed-methods studies
- Analyse a range of quantitative data using various statistical software (e.g., SPSS, WARPpls, MPlus) and statistical analyses (e.g., SEM, regression, ANOVA).

MENTAL HEALTH SUPPORT WORKER | AFTERCARE | 01/14 - CURRENT

I work part-time as Mental Health Support worker in a recovery oriented model. Responsibilities include:

- Support adolescents (15 – 21 years old) in a residential facility with life skills after exiting a mental-health in-patient unit
- Provide appropriate emotional and psychological support while the client resides in the house and as per necessary through outreach program
- Support and mentor client in living skills; pragmatic and emotional
- Conduct risk assessments on clients when appropriate

ACADEMIC TUTOR | SCHOOL OF APPLIED PSYCHOLOGY, GRIFFITH UNIVERSITY | 06/14 – 07/18

I have worked as a sessional academic tutor on a number of courses including:

- 2018 – Counselling Psychology
- 2016 – Positive Psychology
- 2016 – Counselling Psychology
- 2015 – Abnormal Psychology
- 2015 – Counselling Psychology
- 2014 – Abnormal psychology

Responsibilities include:

- Provide instruction and support to students undertaking undergraduate courses on psychology
- Provide weekly tutorials to students using a range of teaching modalities and materials
- Consistently mark student's academic work
- Keep up-to-date with all necessary administrative duties
- High student evaluations: an average between 4.3 – 5 out of 5.

I worked on a short-term contract as a research assistant in the Health Practice Innovation centre. Responsibilities include:

- Review video data on people living with dementia interacting with relevant intervention object
- Interpret and code data, with precision, on relevant variables including emotions, behaviour, visual tracking, and agitation
- Complete all necessary administrative duties required for the role.

PSYCHOLOGIST (PROVISIONAL) | BRAVEHEARTS | 01/13 – 12/13

I worked full-time as a psychologist (provisional) at Bravehearts before being admitted into the PhD program. Responsibilities include:

- Provide professional counselling to children, families, and adult survivors
- Provide support and education to client's non-offending family members on a needs basis
- Conduct assessments with clients on a need's basis
- Provide telephone counselling and/or support to community members regarding child sexual assault, Bravehearts service and other referral information where appropriate.
- Maintain accurate recordings of service provision
- Compile concise and professional reports when required to external bodies.
- Attend regular supervision and counselling meetings

Clinical Psychology Internship Experience

TOOGOOLAWA SCHOOL | 08/17– PRESENT

I am currently completing my last clinical internship at Toogoolawa School; an independent school for boys who have emotional and/or behavioural problems. Key responsibilities include:

- Using evidence-based treatments to primarily increase emotional regulation skills, decrease behavioural problems, and increase resilience, in boys (aged 9 – 15 years) in a school setting.
- In line with the school's philosophy I primarily use CBT and mindfulness-based approaches with an attachment and trauma focus. The majority of the boys who attend the school have trauma histories and poor attachment which is why it has been particularly important for me to keep this at the forefront of my mind.
- I will write and facilitate my own group program as well as facilitate pre-established group programs for anger and anxiety.
- I will assess a range of presentations as well as conduct (where appropriate) cognitive testing (e.g., WISC, WIAT) to inform treatment and diagnosis. I will also be working closely with teachers to facilitate
- Lastly, I will complete all other necessary administrative duties that are required for a provisional psychologist based at a school.

THE PRINCE CHARLES HOSPITAL | 01/17– 07/17

I worked at the Mood Check at the Prince Charles Hospital for 6 months as a part of my clinical psychology training. This service primarily treated older adults for mood disorders using CBT and supportive-counselling treatment modalities. Key responsibilities included:

- I used evidence-based protocols to assess and treat medically-unwell patients in an in-patient and out-patient setting
- While I primarily used CBT and supportive counselling I also drew on ACT, mindfulness, schema-therapy, and grief-therapy, where conceptually appropriate, with support from my clinical supervisor.
- I assessed and treated a variety of presentations including: adjustment disorders, mood disorders, anxiety disorders, food-intake problems, emotional regulation problems, personality complexities, as well general support to increase coping and well-being in the hospital environment.
- I wrote and facilitated a workshop on burnout in the hospital context as well as facilitated part of a healthy-eating group intervention.
- Lastly, I completed all necessary administrative duties including real-time progress notes on the wards, intake and termination reports, as well as other QLD health specific record-keeping requirements.

The internship of the PhD in Clinical Psychology at Griffith University provides many opportunities to assess, treat, and evaluate a number of clinical presentations across the lifespan. Key responsibilities included:

- Screen potential clients for suitability to clinic
- Use evidence-based interventions and psychotherapy with clients in a variety of contexts, across the lifespan.
- Use appropriate assessment and screening tools to guide interventions and referrals
- Participate in group activities – including the screening and intervention stages.

I treated and assessed a variety of clients aged 4+ years with presentations including anxiety, depression, externalising disorders, personality disorders, and parenting training. The main framework of treatment used was CBT however some treatment included elements of ACT, Schema therapy, and DBT, as required in consultation with my clinical supervisor.

Research

The current research focus of my PhD is within the health psychology domain. This focus, with my training in clinical psychology, reflects my overall passion for understanding the interconnection between physical and mental health. My PhD focuses on testing a multi-phase, multi-theory model of health behaviour across a number of populations and health behaviours. This includes: fruit and vegetable intake in long-haul transport drivers, binge drinking behaviours in university students, daily flossing in adults, and sun-safety behaviours of parents of children 2 – 5 years old. I am particularly interested in understanding what components of habit, as an automatic process, significantly predict and explain health behaviour. To this end I will also be conducting a number of studies to explore a lay-person's understanding and causal representation of habit and habit formation.

CURRENT PROJECTS

- *Attitudes and beliefs of binge-drinking in university students*
 - Team: **Daniel Brown**, Kyra Hamilton, Martin Hagger
- *Attitudes and beliefs of sun safety practices in parents of children 2 – 5 years old*
 - Team: **Daniel Brown**, Kyra Hamilton, Martin Hagger
- *Attitudes and beliefs of flossing in a general Australian population*
 - Team: **Daniel Brown**, Kyra Hamilton, Martin Hagger
- *A lay understanding of health-habit formation. A network diagram approach*
 - Team: **Daniel Brown**, Kyra Hamilton, Martin Hagger
- *Investigating sugar sweetened beverages and fruit and vegetable intake among children: The role of psychosocial mediators and moderators and the role of counter intentional habits*
 - Team: **Daniel Brown**, Kyra Hamilton, Jessica Charlesworth
- *Examining an integrative model for University student's nutrition behaviours*
 - Team: **Daniel Brown**, Kyra Hamilton
- *Motivational and behavioural changes to policy enactment: the case of a single-use plastic bag ban in Queensland, Australia*
 - Team: Kyra Hamilton, **Daniel Brown**, Martin Hagger
- *Psychological processes in recycling: the effects of a container deposit scheme*
 - Team: **Daniel Brown**, Kyra Hamilton, Kailas Jenkins
- *Professional identity development in final year psychology students*
 - Team: Kyra Hamilton, **Daniel Brown**, Tanya Weinbrecht, Shirley Morrissey

SUPERVISION AND MANAGEMENT (name, role, project[s])

- Jessica-Paige Charlesworth (Honours student): The role of counter-intentional habits in children's nutrition behaviours
- Andrew Campbell (research assistant): Motivational and behavioural changes to policy enactment: the case of a single-use plastic bag ban in Queensland, Australia
- Zahra Hussaini (research assistant): Psychological processes in recycling: the effects of a container deposit scheme
- Julia Robertson (research assistant): Attitudes and beliefs of sun safety practices in parents of children 2 – 5 years old
- Kailas Jenkins (research assistant): The interaction of multiple health behaviours in university students. Psychological processes in recycling: the effects of a container deposit scheme
- Pei Yun Wu (research assistant): The interaction of multiple health behaviours in university students.

Publications

- Brown, D. J., Hagger, M. S., Morrissey, S., & Hamilton, K. (2018). Predicting fruit and vegetable consumption in long-haul heavy goods vehicle drivers: Application of a multi-theory, dual-phase model and the contribution of past behaviour. *Appetite*, 121, 326-336.

Conference Presentations

EUROPEAN HEALTH PSYCHOLOGY SOCIETY | 08/18

Oral presentation titled: Testing a three-phase integrated health model in multiple health behaviours

Poster presentation titled: Lay understanding of health-habit formation. A network diagram approach

AUSTRALASIAN SOCIETY OF BEHAVIOURAL HEALTH AND MEDICINE / COLLEGE OF HEALTH PSYCHOLOGY, AUSTRALIAN PSYCHOLOGICAL SOCIETY | 07/17

Poster presentation titled: Testing an Integrated Model of Eating Behaviours in Australian Long-Haul Truck Drivers: The Role of Past Behaviour

INTERNATIONAL CONGRESS OF BEHAVIOURAL MEDICINE | 12/16

Oral presentation titled: Testing a Multi-Phase, Multi-Theory Model of Health Behaviour Change: Exploring Fruit and Vegetable Consumption in Long-Haul Drivers

Service and Leadership

PEER REVIEW

Applied Psychology: Health and Well-being
Food Quality and Preference
Health Psychology Bulletin

VOLUNTEERING

Student volunteer: Australian Psychological Society Congress (2016)
Student volunteer: Australian Psychological Society Health College and Australasian Society of Behavioural Health and Medicine joint conference (2017)

Awards/Grants

BEST STUDENT POSTER: TESTING AN INTEGRATED MODEL OF EATING BEHAVIOURS IN AUSTRALIAN LONG-HAUL TRUCK DRIVERS: THE ROLE OF PAST BEHAVIOUR (2017)

Awarded from the Australasian Society of Behavioural Health and Medicine (ASBHM)

DEAN'S HIGHLY COMMENDED CERTIFICATE IN TEACHING AND LEARNING (2018)

Awarded from Griffith University, Faculty of Health

INTERNATIONAL TRAVEL GRANT - \$2000 (2018)

Awarded from Griffith Graduate Research School, International Experience Incentive Scheme, and Faculty of Health