

Dr. Rachel Kowert

As a current mental health Research Director, Dr. Rachel Kowert is a renowned research specialist in the field of child psychology, the impact of video games, and social competence in children and youth. She is a published author, key-note lecturer, and moderator having been published in over 50 academic journal articles, edited volumes, and book chapters. Rachel holds a Ph.D. from The University of York, a Masters of Arts in Counselling Psychology from Santa Clara University, and a Bachelor of Arts, Psychology from the University of Texas at Dallas.

Rachel has co-authored several books including, *Digital Playgrounds, A Parent's Guide to Video Games*. The essential guide to understanding how video games impact your child's physical, social, and psychological well-being, and *Video games and social competence*.

Rachel's numerous contributions to the field of child psychology have earned her several prestigious awards and fellowships including the Telly Award, the Hermes Gold award, and the Community Award for "*Parasocial Relationships in Games*" panel from the 2021 Golden TTRPGIFS awards. She was also named "Austin Awesome Author" by Austin Family Magazine for *A Parent's Guide to Video Games*.

