

BRETT BUCHERT
CURRICULUM VITAE

CONTACT INFORMATION

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EDUCATION

2014-2017 B.S. in Psychology, Honors Program
University of Florida, Gainesville, FL

2010-2014 International Baccalaureate Diploma
St. Petersburg High School, St. Petersburg, FL

HONORS AND AWARDS

2018 April **Women's Net** Grant (\$1000)

2016-17 *Sports Club of the Year*, **University of Florida**, serving as Vice President of
Administration, Florida Crew team

2016-17 *All-Academic Team*, **American Collegiate Rowing Association**

2016 *American Record – 1 minute on the Indoor Rower (Lightweight female aged 19-29)*,
Concept2 Official Records

WORK EXPERIENCE

May 2017-Present

Co-founder and CEO

[Me v PMDD](#), Inc., St. Petersburg, FL

- Created first-ever symptom tracker and mental health support app for women who suffer from Premenstrual Dysphoric Disorder (PMDD), including app concept, functionality, design, and content
- Working with clinical experts on app enhancements to incorporate PMDD and PME diagnostic criteria, as well as symptom and treatment tracking for women in surgical menopause managing hormone-replacement therapy
- Established collaborative partnership with the International Association for Premenstrual Disorders (IAPMD) to expand global app distribution
- ~20,000 active users in just one year
- Editor of Me v PMDD blog, [The Warrior](#)

March 2018-Present

Peer Support Team Lead

[International Association for Premenstrual Disorders \(IAPMD\)](#)

- Lead multi-member international team of 14 peer support volunteers (recruitment, hiring, training, troubleshooting, scheduling, evaluations)
- Work one-on-one with ~10 PMDD sufferers around the world per week via messaging or phone call, providing support, encouragement,

empowerment and resources, as well as ensure safety through suicide risk assessments and brief interventions

- May 2016-April 2017 **Undergraduate Research Assistant**
Department of Applied Behavior Analysis, Gainesville, FL
University of Florida
- Served as ‘therapist’ and data coder in studies on delayed reinforcement and problem behavior in young children with neurodevelopmental disorders at B.A.S.S. (Behavioral Analysis Support Services) under supervision by Dr. Iser DeLeon
- August-Dec. 2016 **Psychology Intern**
The Costello Center, St. Petersburg, FL
- Drafted supportive correspondence with mental health and collaborative divorce clients for Dr. Kim E. Costello, Psy.D, NMHC
 - Wrote book chapter, articles, and press releases on Dr. Costello’s philosophy and practice as neutral mental health facilitator in collaborative divorce cases
- May 2016-April 2017 **Vice President of Administration**
Florida Crew Team, Gainesville, FL
University of Florida
- Recruited, supported, and developed a team of 125 rowers
 - Planned and hosted Family and Alumni Weekend with 150 attendees
 - Raised \$16,000 to support team budget
 - Planned and implemented 15 community service projects, mobilizing more than 100 team members, as Varsity Women’s Delegate and Service Chair for the team – 2015-2016

SURVEY RESEARCH (ongoing)

- PMDD & Relationships Survey through Me v PMDD | 450 respondents from 27 countries | 2018
 - Analysis in progress
- ‘Help Us Help You’ PMDD/PME Survey | 2000+ respondents and counting | 2018
 - Survey closes December 3rd, 2018
 - “This is by far the largest survey of the experiences of women with prospectively-diagnosed PMDs in existence (Premenstrual Disorders).” ~Dr. Tory Eisenlohr-Moul, PhD
 - Will publish results with Dr. Tory Eisenlohr-Moul

PRESENTATIONS

Buchert, B. & Eisenlohr-Moul, T. (2018, May). *“The power of tracking: Using Me v PMDD data to advance our understanding of PMDD experience, causes, and treatment.”* Presented at the 2018 International PMDD Conference. Boca Raton, FL.

Buchert, B. (2018, May). *PMDD & Relationships.* Preliminary findings presented at the 2018 International PMDD Conference. Boca Raton, FL.

Buchert, B. (2018, March). *Introducing Me v PMDD*. Presented at 1 Million Cups (an entrepreneurial pitch event). St. Petersburg, FL.

ARTICLES & WRITING

Buchert, B. (2018, August 7). PMDD: What the right diagnosis did for me. *Warrior*. Retrieved from <https://blog.mevpmdd.com/pmdd-right-diagnosis/>

Buchert, B. (2018, May 24). How to Fight PMDD Like a Warrior. *CYCLES+SEX*. Retrieved from <https://www.cyclesandsex.com/blog/pmddwarrior>

Buchert, B. (2017, December 19). What is PME? *International Association for Premenstrual Disorders*. Retrieved from <https://iapmd.org/pmdd-v-pme/>

Buchert, B. (2017, December 19). My College Story: Learning to Live with PMDD. *Student Caffe Blog*. Retrieved from <http://blog.studentcaffe.com/college-story-learning-live-pmdd/>

Buchert, B. (2017, August 3). Me v PMDD: Tracking saved my life. *Period! Magazine*. Retrieved from <http://www.period.media/quotes/me-v-pmdd-tracking-saved-my-life/>

MEDIA APPEARANCES

Buchert, B. [Mental Health & Premenstrual Dysphoric Disorder \(PMDD\) with Brett Buchert](#). Interview by Kristen Walker and Helaina Hovitz. Mental Health News Radio. Aired February 5, 2018.

Buchert, B. [Woman shares her journey of finding hope after PMDD diagnosis](#). Interview by Liz Crawford. WTSP-TV. Aired August 27, 2017.