

Jonny White, PhD, MA, MSc

Adjunct Faculty - School of Psychology at Fielding Graduate University

San Luis Obispo, CA, US

Story, myth, education, news, social media, and humor--"we're all just making it up."

To write bios like we had a solid plan from the start is always misleading, or worse, it implies that we learned nothing along the way. Therefore I don't mind telling you that I've spent as much of my young life as possible reading in the bathtub. It seems to be the one place where I can rewire reality in peace, via stories and far-out thoughts.

When not in the bathtub I try out these stories and far-out thoughts. During grad school I bicycled from the top to the bottom of Africa. It wasn't a great idea but I got off easy, only breaking one bone and only riding naked through one country. My love of stories led me to write, shoot, and edit a documentary en route that has now aired over 50 times on NBC/Universal Sports.

Then, after some serious thinking (and splashing), I decided I wanted to be a professional young man. I founded, took public, and sold two communications start-ups. While learning to rewire the realities of others, I did story work with the Madoff Investor's Action Coalition (the victims), GREY Advertising, Robert McKee, Medtronic, Lilly, and J&J. But more wrinkled reflection taught me that I get happier by helping, so I started a small company that uses stories and education to manipulate people with type 1 diabetes—a condition I've had for two decades—into improving their health.

My fascination with stories and realities led me to study psychology. I quantitatively tested undergraduates' mental states before and after movies and novellas, and identified the psychological components and effects of inspirational stories. I then qualitatively interviewed acclaimed and Pulitzer Prize winning novelists and explained their narrative intelligence and how others can learn to see the world like they do. After I earned my fifth degree they decided I was probably having more fun than I was supposed to, so they made me cut it out and start teaching.

Now I teach story, story structure, and how it rewires reality, to graduate students. I also write a good deal about how media rewires our realities and how we can choose our media - and our realities - wisely.

If I find a magic lamp - or just live long enough - I'll spend my days working on the world's hardest story problems, my nights with an English professor (playing scrabble of course), and my weekends playing the piano in an old man jazz band.

Should we meet, you'll be pleased to discover that 1) I'm squeaky clean; and 2) in person, I don't talk nearly so much about myself.

Education/Learning, Research, Writing and Editing, Health and Wellness, Information Technology and Services, Media - Online, Media Production, Mental Health Care, Program Development, Social Media

Publishing, Professional Training and Coaching, Media Effects, Story Psychology, Free Will, Persuasion and Education, Philosophy of Psychology and Media , Eastern Philosophy and Wellbeing

Fielding Graduate University
PhD Media Psychology

Fielding Graduate University
MA Media Psychology

Saint Mary's University
MSc Industrial/Organizational Psychology

Richard Ivey School of Business
HBA Business Administration

University of Western Ontario
BA Psychology

[Please click here to view the full profile.](#)

This profile was created by [Expertfile.](#)