

Brynn Burger

Best-Selling Author, Writer, Speaker, The Mama on the Rocks

Meet Brynn

With honest hilarity and violent vulnerability, Brynn uses her 15+ years experience working with the at risk population and youth with disabilities combined with her years teaching both in credit recovery and STEM academies to develop a new approach to teaching strategies for parenting extreme children and differentiating for the difficult learner. Her hands-on, real life relevant approach to meeting youth where they are is life changing for the child, the parent, the educator, and the mental health professional.

She and her husband have lived tiny for over two years after selling their 15 acre farm to afford to Roadschoool their own extreme child and meet his behavioral and academic needs on one income. She believes in chasing adventure, encouraging all people to be their best selves, and teaching others ways to provide equity for extreme children while helping parents to know they are not in this alone.

Reaching children with invisible disabilities, their families, friends, and the communities and professionals that serve them is Brynn's passion. She has openly advocated for her own son for years and for the hundreds of students she's loved through her classrooms.

Bring Brynn to You

Brynn is a best-selling author, writer, and speaker across the United States. She has spoken for small groups and national events both on the benefits of simplicity for mental health as well as structured trainings for corporations, churches, and businesses to help better understand, appreciate, and learn how to cope when crisis occurs for people with behavior and mental health diagnosis and to create programs to assist and address mental health for parents and families.

Brynn also conducts sessions for large and small groups in public school, private academy, homeschool convention, and college course settings to train administration, staff, and educators about differentiation for the difficult learner, classroom management strategies, and hands-on approaches to bringing relevant real-world experiences into everyday lessons.

What Sets Her Apart

Unlike most mental health professionals, Brynn does not boast a doctorate degree. However, she has devoted her life to staying in the trenches of mental health where things are happening and patterns are shifting. She has managed group homes for children in state's custody, taught young adults coming out of incarceration, managed classrooms in high school, and parented her own son's behavior disorders with a balance of wild love and fierce advocacy. She has made this her personal mission, her business, and her whole heart to ensure that parents know they aren't alone, children know they are loved exactly as they are, educators are properly trained, churches and businesses are well-equipped, and the public begins to be educated about the real lives of extreme parenting.



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