



MEDIA PRESS KIT

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2023



ABOUT DR. BRYANT

Dr. Cheyenne Bryant is a Psychology expert, renowned producer and MTV Family Reunion life coach, president of NAACP; branch #1069 (San Pedro), founder of Dr. Bryant Institute and Dr. Bryant Foundation, author of the award-winning readers favorite five-Star book, "Mental Detox," motivational speaker, fitness advocate, community activist, and brand ambassador. She holds a double degree in Psychology and Pan African studies. She has earned a Masters in Psychology at University of Phoenix and a Doctorate degree in Counseling Psychology from Argosy University.



STATISTICS

211K

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YOUTUBE

2023



anotherworld

Life through the lens of a mother

How to change your Mindset from negative to happy now

April 24, 2023



How to change your mindset from negative to happy now

Why are some of us prone to negative thoughts? What are some ways we can turn that negativity around? Here's how you can change your mindset! 0

 anotherworld /



Parents

10 Ways To Celebrate Pregnancy In Spite of the Maternal Mortality

April 11, 2023



10 Ways To Celebrate Pregnancy in Spite of the Maternal Mortality Crisis

Though Black birthing people have to be conscious of disproportionate risks during pregnancy, it doesn't mean that the experience can't be full of joy.

 Parents / Jan 13



Dr. Cheyenne Bryant: From Life Coach to TV Producer, Making Wellness a Priority

March 29, 2023

Dr. Cheyenne Bryant: From Life Coach to TV Producer, Making Wellness a Priority

Move over, Oprah! There's a new life coach in town, and she's taking the world by storm. Dr. Cheyenne Bryant, the designated life coach and producer for MTV's hit show "Teen Mom Family Reunion," is not only helping the show's stars navigate their complex lives, but sh...

DG Speaks / Mar 30



Whine About It: Mental Detox

March 2, 2023



Whine About It: Mental Detox

March 2, 2023 • 31 mins

Jana learns the power of treating your mind like a garden from psychologist Dr. Cheyenne Bryant.

We learn why New Year's resolutions fail so frequently and what YOU can do to make effective changes in your life, no matter what season you're in!

And, Jana reveals how she dealt with the anger she felt following her divorce.

See omnystudio.com/listener for privacy information.

Share Mark as Played



heavy.

Exclusive: Dr. Cheyenne Bryant Addresses Ashley Jones Fighting While Pregnant

February 2, 2023



EXCLUSIVE: Dr. Cheyenne Bryant Addresses Ashley Jones Fighting While Pregnant

"My heart broke for her for a couple of reasons," Bryant told Heavy.

h. Heavy.com / Feb 2



Los Angeles Mayor Karen Bass and NAACP Branch President Dr. Cheyenne Bryant Unveiled NAACP Square Sign

February 14, 2023



Los Angeles Mayor Karen Bass and NAACP Branch President Dr. Cheyenne Bryant Unveiled NAACP Square Sign

"When we are talking about history being made and created, we have the first female mayor in the history of Los Angeles California," said President Dr. Cheyenne Bryant. "Now when you're driving or walking b...



CBS Los Angeles



San Pedro intersection dedicated as NAACP Square

February 11, 2023



San Pedro intersection dedicated as NAACP Square

The dedication comes a day before the 114th anniversary of the founding of the National Association for the Advancement of Colored People.

 cbsla / Feb 12



Teen Mom Family Reunion's Dr. Cheyenne Bryant responds to Ashley Jones spitting on Briana DeJesus

February 1, 2023



Teen Mom Family Reunion's Dr. Cheyenne Bryant responds to Ashley Jones spitting on Briana DeJesus

Teen Mom Family Reunion life coach Dr. Cheyenne Bryant weighed in on Ashley Jones spitting on Briana DeJesus during their kitchen brawl.

 Monsters and Critics / Feb 2



CSUN

University Relations
and Advancement

EXCLUSIVE: Dr. Cheyenne Bryant Weighs in on Ashely Jones Spitting

January 31, 2023

EXCLUSIVE: Dr. Cheyenne Bryant Weighs in on Ashely Jones Spitting

Bryant, the founder of the Dr. Bryant Institute, graduated from Cal State University of Northridge with a double major in Psychology and Pan-African studies, according to her website. She received her doctorate degree in counseling psychology from Argosy...

N California State University / Jan 31



Teen Mom's Coach B gives update on Amber Portwood's Mental Health Battle

January 25, 2023



Teen Mom's Coach B gives update on Amber Portwood's mental health battle

TEEN Mom counselor Dr. Cheyenne Bryant has given an update on Amber Portwood's mental health after she lost custody of her young son, James. In an exclusive interview with The U.S. Sun, Dr. B...



The US Sun / Jan 25



on
ON NEW JERSEY

Wake Up With Mari: Dr. Cheyenne Bryant

January 24, 2023



Wake Up With Marci: Dr. Cheyenne Bryant, Shab, & Angela Bell

Dr. Cheyenne Bryant is a psychology expert and life coach. You know her as Coach B. on Teen Mom! She is helping to coach young moms on Teen Mom! Dr. Bryant

 On New Jersey / Jan 25



Dr. Cheyenne Bryant Praises Ryan Edwards For Progress He's Made In His Relationship with Son Bentley; Says Ryan "Put In a Lot of Work"

January 23, 2023



Dr. Cheyenne Bryant Praises Ryan Edwards For Progress He's Made In His Relationship with Son Bentley; Says Ryan "Put...

Dr. Cheyenne Bryant is praising 'Teen Mom' star Ryan Edwards for the work he's done on his relationship with his 14-year-old son Bentley- and his once-estranged baby mama Ma...



**SPECTRUM
NEWS1**

Golden Globe Awards return with diversity reforms after boycott

January 10, 2023



Golden Globe Awards return with diversity reforms after boycott

The 80th annual Golden Globe Awards return to NBC Tuesday

 spectrumnews1.com / Jan 11



How to Know It's Time for a Self Care Break with Dr. Cheyenne Bryant

December 10, 2022

The image is a YouTube video player thumbnail. It features two side-by-side portraits of women. The left portrait shows a woman with long dark hair and a blue top, with the text 'ESSENTIALLY you with DR. MARIZA' overlaid. The right portrait shows a woman with short dark hair and a white blazer, with the text 'DR. CHEYENNE BRYANT' overlaid. A red play button icon is centered between the two portraits. At the top, the video title 'How to Know It's Time for a Self Care Break with Dr. Cheyenne Bryant' is displayed, along with a 'Share' button. At the bottom, a purple banner contains the text 'HOW TO KNOW IT'S TIME FOR A SELF CARE BREAK' in white, with a 'Watch on YouTube' logo to the left.

How to Know It's Time for a Self Care Break with Dr. Cheyenne Bryant

DR. CHEYENNE BRYANT

Share

HOW TO KNOW IT'S TIME FOR A SELF CARE BREAK

Watch on YouTube



Signs You're 'Staying Busy' as a Coping Mechanism

Have you ever asked yourself, “why am I always so busy?” If so, there may be something — or some feelings — you’re avoiding.

September 20, 2022



Are You Keeping Busy to Avoid Your Feelings?

If you're always on the go, chances are you're avoiding some emotions. We look at what you can do next.

 Psych Central / Jul 12, 2017



Ten Mom Life Coach Shares Daily Self-Growth Exercises

Mach 29, 2022





shondaland

How to Spot (and Stop) a Manipulator

For many, “Inventing Anna” is a cautionary tale. Here's how experts say we can protect ourselves from cunning manipulators like Anna Delvey.

March 15, 2022



How to Spot (and Stop) a Manipulator

For many, “Inventing Anna” is a cautionary tale. Here's how experts say we can protect ourselves from cunning manipulators like Anna Delvey.

S Shondaland / Mar 15, 2022



PRESS LINKS

A Mother World:

<https://amotherworld.com/lifestyle/change-your-mindset-from-negative-to-happy-now/>

Parents:

<https://www.parents.com/10-ways-to-celebrate-pregnancy-in-spite-of-the-maternal-mortality-crisis-7095034>

DG Speaks:

<https://dgspeaks.com/dr-cheyenne-bryant-from-life-coach-to-tv-producer-making-wellness-a-priority/>

iHeart Radio:

<https://www.iheart.com/podcast/1119-whine-down-w-jana-kramer-29262403/episode/whine-about-it-mental-detox-109850318/>

Heavy:

<https://heavy.com/entertainment/teen-mom/ashley-jones-fight-pregnant-cheyenne-bryant/>

The U.S. Sun:

<https://www.the-sun.com/entertainment/7207186/teen-mom-coach-b-update-amber-portwood-mental-health/>

On New Jersey, Wake Up with Marci:

<https://www.onnj.com/Videos/wake-up-with-marci-dr-cheyenne-bryant-shab-angela-bell/>

Fullerton Observer:

<https://fullertonobserver.com/2023/02/14/naacp-square-sign-unveiled/>



PRESS LINKS

CBS Los Angeles:

<https://fullertonobserver.com/2023/02/14/naacp-square-sign-unveiled/>

Monsters & Critics:

<https://www.monstersandcritics.com/tv/reality-tv/teen-mom-family-reunions-dr-cheyenne-bryant-responds-to-ashley-jones-spitting-on-briana-dejesus/>

California State University of Northridge:

<https://www.csun.edu/node/406500>

Spectrum News 1:

<https://spectrumnews1.com/ca/la-west/entertainment/2023/01/11/golden-globe-awards-return-with-diversity-reforms-after-boycott>

Ashley's Reality Roundup:

<https://www.theashleysrealityroundup.com/2023/01/23/dr-cheyenne-bryant-praises-ryan-edwards-for-progress-hes-made-in-his-relationship-with-son-bentley-says-ryan-put-in-a-lot-of-work/>

Essentially You Podcast:

<https://www.youtube.com/watch?v=wByzP3a3IU>

Psych Central:

<https://psychcentral.com/blog/are-you-keeping-busy-to-avoid-your-feelings>

The Doctors:

<https://www.youtube.com/watch?v=bL-DOLQIJ0A>

Shondaland:

<https://www.shondaland.com/live/family/a39429696/how-to-spot-and-stop-a-manipulator/>



PRESS LINKS

Distractify:

<https://www.distractify.com/p/dr-cheyenne-bryant-teen-mom-family-reunion>

Venture Magazine:

<https://www.venturemag.com/articles/psychology-expert-and-life-coach-talks-therapy-and-mental-health-checks/>

TV Over Mind:

<https://tvovermind.com/dr-cheyenne-bryant/>

Sheen Magazine:

<http://www.sheenmagazine.com/dr-cheyenne-bryant-talks-mental-health-how-to-take-action-much-more-during-mental-health-awareness-month/>

News Break:

<https://www.newsbreak.com/news/2615937598744/cheyenne-bryant-aka-coach-b-says-she-will-100-come-back-for-tmfr-season-2>

The Official Black Magazine:

<https://www.theofficialblackmagazine.com/dr-cheyenne-bryant/>

Spectrum News 1:

<https://spectrumnews1.com/ca/la-west/health/2021/04/20/national-minority-health-month>

Grungecake:

<https://grungecake.com/mtv-teen-mom-family-reunion-catching-up-with-richardine-launch/articles/85856>

Consciousness Magazine:

<https://consciousnessmagazine.com/dr-cheyenne-bryant-mtv-teen-mom-family-reunions-life-coach-s2-e2/>



PRESS LINKS: NAME MENTIONS

Yahoo:

<https://www.yahoo.com/entertainment/teen-mom-ryan-edwards-commits-130020230.html>

Page Six:

<https://pagesix.com/2022/12/26/teen-mom-maci-bookout-letting-go-of-hate-for-ex-ryan-edwards/>

Pop Culture:

<https://popculture.com/reality-tv/news/teen-mom-farrah-abrahams-ghetto-comment-to-cory-wharton-and-cheyenne-floyd-has-viewers-incensed/>

Vie Magazine:

<https://popculture.com/reality-tv/news/teen-mom-farrah-abrahams-ghetto-comment-to-cory-wharton-and-cheyenne-floyd-has-viewers-incensed/>

TooFab:

<https://toofab.com/2023/01/24/teen-mom-briana-ashley-kicked-out/>

Daily Express:

<https://www.express.co.uk/showbiz/tv-radio/1743177/Teen-Mom-filming-Briana-DeJesus-Ashley-Jones>

InTouch Weekly:

<https://www.intouchweekly.com/posts/teen-mom-ryan-edwards-on-relationship-with-bentley/>



PRESS LINKS: NAME MENTIONS

Screen Rant:

<https://screenrant.com/teen-mom-ashley-jones-wants-dr-drew-replaced/>

Business Insider:

<https://www.businessinsider.nl/the-cast-of-teen-mom-family-reunion-says-the-new-season-shows-the-solid-mother-daughter-relationships-and-which-need-work/>

Entertainment Weekly:

<https://ew.com/tv/teen-mom-family-reunion-preview-catelynn-bungee-jump/>

Hollywood Life:

<https://hollywoodlife.com/2023/02/21/teen-mom-family-reunion-ryan-edwards-cries-over-son-bentley/>

People:

<https://people.com/tv/teen-mom-star-maci-bookout-working-through-anger-hate-toward-ex-ryan-edwards/>