



Jennifer REID, MD

PSYCHIATRIST, WRITER, PODCAST HOST

About Me

Jennifer Reid, MD is a psychiatrist, award-winning educator, writer and podcast host in Philadelphia. She trained at Columbia University and UCLA, and is on the clinical faculty at University of Pennsylvania. She is married to a physician and a proud mom to 2 boys. She grew up in rural North Dakota in a family of physicians. She is a frequent podcast guest with a popular blog.

The Podcast



The Reflective Doc Podcast

Recent Review:

Highly informative!

I'm really loving this podcast! It's fantastic to hear a trained psychiatrist discuss these topics in such a low-key but informative way. The interviews have been great too.

Can't wait to hear more!



Writing & Speaking

High Reader Engagement with
>75K Views Across Platforms

Frequent Contributor to:



Guest Interview Topics

Mental health, Insomnia, Anxiety, Parenting, Relationships and Sexuality, Women's Mental Health

Your Mind Should Be
On Your Side.



TheReflectiveDoc@gmail.com

-THE REFLECTIVE DOC