

Jennifer REID, MD

PSYCHIATRIST, WRITER, PODCAST HOST

About Me

During these past several difficult years, I've witnessed the mental health needs of my fellow citizens greatly outnumber available treatment. I knew I needed to do more.

My mission is to share the expertise gained through my medical training at leading academic institutions with those who cannot access adequate support. Let's work together to decrease mental health stigma, promote education, and provide some hope during these painful times.

**Your Mind
Should Be On
Your Side.**

THE REFLECTIVE DOC

Contacts and Social Media

TheReflectiveDoc.Com

 @thereflectivedoc

 @docreflective



The Reflective Doc



Listen to the Podcast



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Photo Credit: Grace Woolslayer

The Podcast

The Reflective Doc podcast delivers the rare combination of an award-winning physician trained at Columbia and UCLA, with the intimate style of a psychotherapy visit.

Let Dr. Reid guide you through cutting-edge mental health information with practical solutions to help you live your healthiest life.



Conversations
with a
Psychiatrist



The Reflective Doc
Podcast

Our Listeners

- ✓ Worldwide Audience
- ✓ Men and women
- ✓ Typical age 20-50 years old
- ✓ Interested in mental health and self-help strategies

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Popular Guests



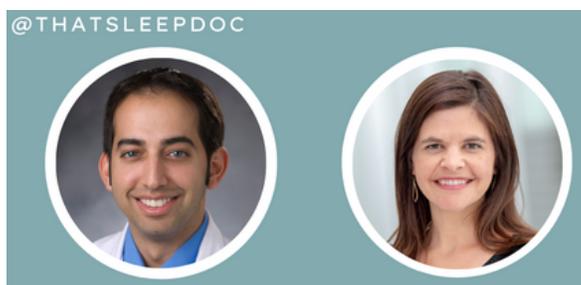
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PODCASTS CAN MAKE A DIFFERENCE

The Reflective Doc Podcast Reviews



lagerg1031, 08/19/2021

Informative and inspiring

Dr Reid has such a warm, inviting voice and asks really thoughtful questions during her interviews. Love hearing her perspective on mental health and beyond!



jw_montgomery, 07/27/2021

Phenomenal!

I look forward to hearing Dr. Reid's interviews every week! Listening to the different methods professionals, parents, and people use to navigate tough times is so helpful and heartwarming.



MichaelSA1980, 05/21/2021

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!



PedsDerm, 07/26/2021

Incredible

I'm so grateful to have found this amazing podcast. With a calm and clear voice, Dr. Reid guides, teaches, reflects and explores with us. I couldn't love this more.



Erika Aragona, 06/30/2021

Such a powerful and calming doctor all in one!

Dr. Reid's podcast is amazing!!! She is so insightful and encouraging, and I love learning from her and her guests. She has such a talent of listening and teaching, and I have loved this podcast!



Writing

Reader Engagement

- >75K Across Platforms
- >59K Doximity
- >17K Psychology Today Blog

Collaborations

Psychology Today, Doximity,
Kevin MD, Clinical Psychiatric
News, Journal of Clinical Psychiatry

Guest Interview Topics

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

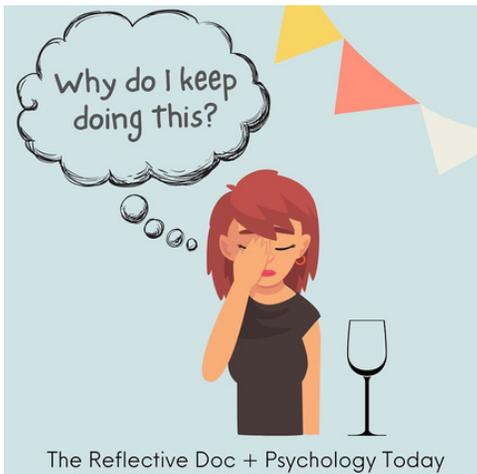
Blog



Guest Interviews



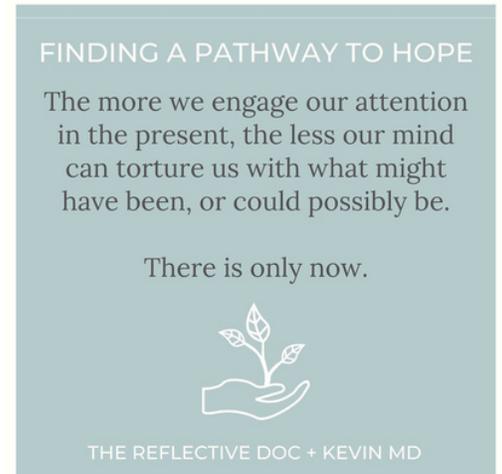
Psychology Today



Doximity



Kevin MD



Biography

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 and studied zoology at the University of Wisconsin, Madison.



Photo Credit: Grace Woolslayer

After leaving academia to start a private practice, she wanted to find a way to reach a broader audience with practical, evidence-based mental health information. In addition to her private practice, she writes and podcasts as The Reflective Doc. She is also a regular contributor to Psychology Today, Doximity, and Kevin MD and a frequent podcast guest.

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You all have something unique to say, and the world will be better for having heard it.

The Reflective Doc

Images



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