



JENNIFER REID, MD

Dr. Jennifer Reid is a Columbia University-trained psychiatrist with residency at UCLA and dual faculty appointments at the University of Pennsylvania and Cooper Medical School. She specializes in women's behavioral health across the lifespan.

Author of *Guilt Free: Reclaiming Your Life from Unreasonable Expectations* (2026) and host of the *A Mind of Her Own* podcast.

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CREDENTIALS

- MD, Columbia University
- Residency, UCLA
- Faculty, UPenn & Cooper Medical School
- Women's Behavioral Health Specialist

KEYNOTE TALKS

Guilt Free: Reclaiming Your Life from Unreasonable Expectations

Women have been socialized to measure their worth by how well they serve, sacrifice, and suppress their own needs — and guilt is the enforcer. Drawing on her book and clinical practice, Dr. Reid unpacks the cultural machinery behind women's guilt, introduces the *Guilt Equation* (Guilt = Expectations – Perceived Reality), and offers a clear roadmap — the SPEAK framework — for reclaiming agency.

The Four Furies: Why Perfectionism, Hyper-Accountability & "Having It All" Keep Women Stuck

What Dr. Reid calls the Four Furies of Unreasonable Expectations — constant caretaking, hyper-accountability, perfectionism, and the pressure to "have it all" — are not character flaws. They are cultural constructs. This keynote names them, explains their origins, and gives women practical language to push back.

Guilt as a Tool of Control: A Paradigm Shift

Guilt isn't just a feeling — it's a system. Dr. Reid makes the case that opting out of chronic guilt is not selfish; it's an act of collective liberation. Best for women's leadership, employee wellness, and empowerment events.

WORKSHOPS & PANEL TOPICS

Midlife as a Reckoning: Perimenopause, Identity & the Guilt You Can Finally Put Down

Perimenopause, empty nests, and career pivots often arrive together — and so does the question women have been trained to avoid: *What do I actually want?* Dr. Reid explores how hormonal shifts interact with guilt and self-perception, guiding women in their 40s and 50s from "what should I do" to "what do I want to do."

The Sandwich Generation: When Everyone Needs You and You Come Last

For women simultaneously raising children and caring for aging parents, guilt is nearly constant. Dr. Reid offers clinical validation and a practical framework — including how to set limits without abandoning love — for one of the most underserved audiences in women's behavioral health.

Reproductive Stages & Mental Health: From Postpartum to Perimenopause

Women's mental health shifts dramatically across reproductive life stages, yet these transitions are under-discussed and under-treated. Dr. Reid covers postpartum depression, perinatal anxiety, and perimenopausal mood changes.

SELECTED MEDIA

- New York Times Well Newsletter
- WHYY's The Connection
- Totally Booked with Zibby
- The Guardian
- SiriusXM Doctor Radio
- Next Big Idea Club
- Mentally Stronger with Amy Morin
- Philadelphia Inquirer

Full media list: jenniferreidmd.com/media