



JENNIFER REID, MD

Columbia University and UCLA-trained psychiatrist.

Clinical Faculty, University of Pennsylvania & Cooper Medical School.

Author of *Guilt Free: Reclaiming Your Life from Unreasonable Expectations* (2026).

Host of *A Mind of Her Own* podcast.

CONTACT

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CREDENTIALS

- MD, Columbia University
- Residency, UCLA
- Clinical Faculty, UPenn & Cooper Medical School
- Author & Podcast Host

INSURANCE

This is a medical psychiatric treatment. Patients may seek reimbursement through out-of-network benefits. A superbill is provided after each session.

DR. REID IN THE MEDIA

- New York Times Well
- SiriusXM Doctor Radio
- WHYY's The Connection
- The Guardian
- Philadelphia Inquirer

Women's Mental Health Care

A 12-Week One-on-One Psychiatric Treatment for Women Ready to Reclaim Their Lives

A UNIQUE, EVIDENCE-BASED TREATMENT

This structured 12-week program is a **one-on-one medical psychiatric treatment** that weaves together a core clinical framework with proven supportive modalities into a cohesive, personalized protocol. Every patient receives a **proprietary practice workbook** designed exclusively for this program, a hands-on clinical tool to use between sessions and keep for life.

Core Framework

Interpersonal Therapy (IPT) | Time-Limited. Proven. Psychiatric Gold Standard.

IPT is the structural backbone of this program. A gold-standard, time-limited psychiatric modality, it directly targets the relationship between mood, life transitions, grief, and interpersonal patterns: the exact terrain most women in this program are navigating.

The Guilt Free Framework | Dr. Reid's Proprietary Clinical Model.

Drawn from her book and clinical practice, this framework addresses the cultural and psychological roots of chronic guilt in women: the Guilt Equation, the Four Furies, and the SPEAK roadmap for reclaiming agency.

CBT for Insomnia (CBT-I) | First-Line Behavioral Treatment for Women's Sleep.

The gold-standard, non-medication protocol for chronic insomnia, adapted with specific attention to the unique drivers of women's sleep disruption: hormonal transitions, the 3 a.m. guilt loop, caregiving, and the mental load. Coordinates with prescribers on short-term sleep medication tapers when indicated.

Medication Optimization | When Indicated, as Part of Integrated Care.

Focused assessment and initiation or optimization of medication to support treatment goals. This is not long-term prescribing: care is coordinated with the patient's existing prescriber or primary care provider, with a clear handoff at the end of the 12-week program.

WHO THIS PROGRAM IS FOR *Women seeking focused, time-limited care*

Identity & Transitions Who am I, beyond all of these roles?

"I've checked every box, and I still don't recognize myself."

Sleep & Insomnia Wired at night, wrecked in the morning

"I'm exhausted all day and wide awake at 3 a.m. running through everything I didn't finish."

Anxiety & Mood Something's off, even if you can't name it

"I've been white-knuckling this for years, and I'm exhausted."

Guilt & Self-Criticism Never feeling like you're getting it right

"I feel guilty for wanting more when I already have so much."