

# DR. JUDITH JOSEPH MD MBA

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New York, NY 10036 • 929-215-7030 • media@drjudithmd.com

## Professional Summary

Dr. Judith Joseph MD MBA is a board-certified psychiatrist, researcher and award-winning content creator and author who specializes in mental health for children and adults. She is chair of the women in medicine initiative at Columbia University and professor of psychiatry at NYU where she teaches doctors how to use media to educate the public. She is an adjunct instructor at Harvard T.H. Chan School of Public Health Center for Health Communication. She is also an official Masterclass and LinkedIn learning course instructor.

Dr. Judith is the Principal Investigator at her own research lab in Manhattan which conducted the first peer-reviewed clinical research study in high functioning depression in the world. Her lab has conducted over 100 clinical research studies in psychiatry and neurology. Her National Bestselling Book "High Functioning" published in April 2025 is based on her original research and is now published in over 20 countries and over 17 languages. Her book led to an NAACP Image Award Nomination for Outstanding Literary Work by a Debut Author and her book was a top 10 Audible Well-Being book of 2025. The United Nations selected Dr. Judith to teach a workplace mental health course to their employees for World Mental Health in 2025, due to the global appeal of her work.

Dr. Judith's social media advocacy and research earned her a Congressional Proclamation award from the US House of Representatives in 2023 and she has taught workplace mental health courses at prestigious institutions including at the White House at The Executive Office of The President of the United States as recently as May 2024 under the Biden-Harris Administration. She is a 2026 NAACP top 6 Mental health champion and a 2025 CNN Gamechanger. She is a 2026 Trio Alumni Achiever Award recipient and founded the non-profit, The Science of Your Happiness Foundation to advance STEM in underserved youth. Dr. Judith's focus is how to reclaim joy as a form of resilience and resistance no matter what your setting is. She has over 1.6 million followers across all platforms and her evidence-based mental health content has over 15 million views monthly across the world.

## Skills

- Collaborative research
- Interdisciplinary knowledge
- Scientific communication
- Medical Procedures

- Psychometric Rating
- Author
- Workshop Instructor
- Thought Leadership
- Public Speaking
- Medical Media Consulting
- On-Air Expert

## Work History

**Owner, 08/2024 to Current**

**Dr. Judith Joseph Media Inc.** – Manhattan, NY

- [Media company](#) rooted in evidence-based medicine
- Producer and Director of [The Vault Podcast With Dr. Judith](#)
- Author of Instant National Bestselling Book "High Functioning-Overcome Your Hidden Depression and Reclaim Your Joy" published April 8 2025 Little Brown Spark, Hachette Book Group. [High Functioning Book Website](#)
- International Book contracts with Debut Novel in over 20 countries and over 17 languages
- International Speaking [Speaker Page](#)
- On-Air Media Appearances. [Media Page](#)
- Social Media [partnerships](#)
- Over 250 Media appearances in 2025 alone
- Work with Meta, Instagram, Threads, YouTube, Google, TikTok and LinkedIn to create mental health content
- LinkedIn Course Instructor-Paid Partnerships
- Official Masterclass Instructor- Paid Partnerships
- Create and sell original courses in business development and mental health continuing education

**Principal Investigator and Owner, 08/2017 to Current**

**Manhattan Behavioral Medicine** – Manhattan, NY

- Serve as Principal Investigator for pharmaceutical clinical research at this site, [Manhattan Behavioral Medicine](#), via enrolling and treating patients with phase II- IV medications for a variety of CNS disorders. Conducted the first of its kind study in High Functioning Depression.
- Areas of expertise, ADHD, OCD, Schizophrenia, PTSD, Bipolar Disorder, Major Depressive Disorder, Generalized Anxiety Disorder, Tourette's, Tics, Eating Disorders, Personality Disorders, Panic Disorder, Social Anxiety Disorder, Psychedelics, Postpartum depression, Treatment Resistant Depression, Chronic Pain, Dementia, Migraines, Autism
- 3 lab spaces including a schedule 1 psychedelic dosing unit.
- Clinical Research Lab focusing on FDA regulated pharmaceutical research with a team of over 10 researchers.
- Conducted over 130 clinical research studies.

**Psychiatrist and Therapist**, 08/2017 to Current

**Dr. Judith Fiona Joseph MD MBA PC** – Manhattan, NY

- Private practice treating pediatric and adult patients using therapy and medication management.

**Staff Child and Adolescent Psychiatrist**, 12/2014 to 04/2016

**St. Joseph's Regional Medical Center** – Paterson, NJ

- Outpatient psychiatry role: practice outpatient psychiatry, treating child and adolescent patients; range from children 4-12 years of age, adolescents 13-17 years of age. Treat various disorders such as, ADHD, anxiety disorders, bipolar disorder, depression, mood disorders, schizophrenia, and other childhood mental illnesses. Clinic has a population of over 3000 child and adolescent patients.

**Geriatric Psychiatrist**, 08/2014 to 12/2014

**Hoboken University Medical Center** – Hoboken, NJ

- Treat Alzheimer's dementia, mild cognitive impairment, geriatric and adult depression, geriatric and adult bipolar disorder, geriatric and adult schizophrenia, geriatric and adult anxiety disorders, geriatric and adult agitation. Inpatient psychiatry floor duties involved working with a team of nurses, social workers, therapists. Primary duties involved medication management, discharge planning, individual therapy and family therapy.

## **Education**

**Child And Adolescent Psychiatry Fellowship:** Child And Adolescent Psychiatry, 06/2013

**NYU Grossman School of Medicine** - New York, NY

**Adult Psychiatry Residency (fast Track Into Child):** Adult Psychiatry, 06/2011

**Columbia University Medical Center** - New York, NY

**Anesthesiology Residency 2/4 Years:** Anesthesiology, 07/2009

**Columbia University Medical Center** - New York, NY

**M.B.A.:** Business, 01/2007

**Columbia Business School**

**M.D.:** Medicine, 01/2007

**Columbia University**

**B.S (cum laude):** Biology (major) Chemistry And Religion Minors, 01/2002

## PROFESSIONAL MEMBERSHIPS

- 2026-present Board Member The Testosterone Project
- 2026 NAACP Member
- 2025 NAMI Ambassador
- 2024-present Concordia Member
- 2023 Mental Health Champion Mental Health Alliance
- 2023-present Board Member for National Non-Profit Let's Talk Menopause
- 2019-present Chair of Women in Medicine at Columbia University
- 2019-present Health Corps Advisory Board
- 2011-present Member, American Psychiatric Association
- 2010-present Member, American Academy of Child and Adolescent Psychiatry
- 2009-2010 Council on Communications, SAMHSA Minority Fellow Role
- 2007-present Member, American Medical Association

## LICENSURE AND CERTIFICATION

- Licensed physician in the state of New York (January, 2011)
- #257114 Licensed physician in the state of New Jersey (June, 2014) #25MA09505600
- Board Certified in General Psychiatry (September, 2012), American Board of Psychiatry and Neurology #65170

## AWARDS AND HONORS

2026 TikTok Discover List Top 50 Creator Global Creator Making an Impact

2026 NAACP Image Award Nominee- Outstanding Literary Work, Debut Author

2026 Trio Alumni Achiever Award

2025 Carib Biz Network Island Icon Honors 2025 Wellness & Resilience Vanguard Award

2025 Black Health Connect Creator of the Year Award

2025 YouTube THE-IQ Creator Program

2025 Audible Top 10 Well-Being Book

2025 USA Today Bestseller List #1 in Psychology #3 in Self Help

2025 Publisher's Weekly Top 15 Book Release

2025 Harvard Creator Program

2025 Meta/Instagram Authors Program

2024 Invited to the inaugural Black Excellence Brunch at The White House Hosted by President Joseph Biden

2024 White House Mental Health Course Executive Office of President Joseph Biden Jr.

2024 Official Masterclass Instructor Halle Berry's Magic of Menopause  
2024 VeryWell Mind Top 25 Top 25 Mental Health Thought Leader  
2024 Fides Health Care Influencer Induction World Health Organization WHO  
2024 Black Health Hero Award PopSugar,  
2023 Proclamation Award for Social Media and Research US Congress Award  
2023 Top Health Influencer in Mental Health Men's Health Magazine  
2023 Sharecare award for Best Health News Video Share Care Award  
2020 Sharecare award Best Mental Health Digital Video Share Care Award  
2010 APA SAMHSA Minority Fellowship Award American Psychiatric Association  
2007 International Family Aids Program Grant Columbia University VP&S  
2007 Fellowship of International Health Research Grant Columbia University VP&S  
1998 Valedictorian Plainfield High School  
1998 Flying Horse Academic Scholarship Flying Horse Foundation  
1998 Lucent Technologies Academic Scholarship Lucent Technologies

## Original Research Publications

- Understanding High-Functioning Depression in Adults. *Cureus* 17(2): e78891. doi:10.7759/cureus.78891 Joseph J F, Tural U, Joseph N D, et al. (February 12, 2025) *Journal of genetic counseling*. 2003;12(4):297-311. DOI: 10.1023/A:1023948921381
- Zuranolone Safety and Tolerability in Adults with Postpartum Depression: Analyses From SKYLARK, A 50 mg Placebo-Controlled Study. Meltzer-Brody, Samantha; Shirikjian, Lara; Cooke, Jennifer; LaGuerre, Kevin; Moseley, Margaret K; Li, Sigui; Kile, Deidre; Forrestal, Fiona; Ona, Victor; Levin, Seth; Kotecha, Mona; Lasser, Robert; Joseph, Judith F *CNS Spectrums*. 2024; 29:493-493
- Chiari Type I Malformation with or Without Syringomyelia: Prevalence and Genetics Speer, Marcy C; Enterline, David S; Mehlretter, Lorraine; Hammock, Preston; Joseph, Judith; Dickerson, Margaret; Ellenbogen, Richard G; Milhorat, Thomas H; Hauser, Michael A; George, Timothy M

## Advocacy and Political Involvement

- October 2025 United Nations Annual World Mental Health Keynote for employees of United Nations and members of Pension Fund
- June 2025 Capitol Hill Uterine Fibroid Research Grant Women's Health Initiative Congresswoman Yvette Clarke and Lupita Nyong'o
- April 2025 Youth Mental Health Forum Congressional Black Caucus
- September 2024 Book and Mental Health event at the Congressional Black Caucus Caribbean Day Party
- June 2024 Filmed the first Congressional Recording Studio Special on Caribbean American Mental Health with Congresswoman McCormick

- March 2024 Mental Health Initiative Congressional Black Caucus Sojourner Truth Legacy Project Black Mental Health Event
- Dec 2023 Capitol Hill national non-profit Let's Talk Menopause alongside US Congresswoman Lisa Blunt Rochester to support the WARM act for menopause coverage and women's healthcare.
- Dec 2023 Capitol Hill US Congress M.R.E.A. Menopause Research Equity Act Washington D.C.
- September 2023 worked with US Congresswoman Sheila Cherfilus-McCormick to help Haitian leaders in government, health and business to develop solutions to the mental health crisis in Haiti.

## MENTAL HEALTH AWARENESS AND ADVOCACY USING MEDIA PRESENCE

- Film and Television Career on [IMDB](#)
- Social Media Career on Major Social Media Platforms (over 1.6 Million Followers) [Dr. Judith Joseph Website](#)
- Instagram: [@drjudithjoseph](#) 385,000 Followers
- TikTok: [@drjudithjoseph](#) 780,000 Followers
- Facebook: [Dr Judith Joseph MD](#) 348,000 Followers
- Threads: [@drjudithjoseph](#) 72,000 Followers
- YouTube [@drjudithjoseph](#) 55,000 Followers
- LinkedIn [Judith Joseph MD MBA](#) 38,000 Followers

## ACADEMIC ACHIEVEMENTS/APPOINTMENTS

- 3/2026-present Adjunct Instructor Harvard T.H. Chan School of Public Health Center for Health Communication
- 7/2011-present Clinical Assistant Professor Child and Adolescent Psychiatry NYU
- 7/2011-present Teach Fellows in Child and Adolescent Psychiatry Media Training as a part of their Core Curriculum.
- 7/2017-2022 Meet The Press: Teaching Doctors Media Literacy Columbia NYPH
- 7/2019-2020 Media training for in Adult Psychiatry Residency and Public Psych Columbia NYPH
- 7/2012-7/2014 Clinical Instructor NYU Child and Adolescent Mental Health Studies NY, NY
- CAMS Minor for NYU Undergraduate students in the production and creation of YouTube mental health videos for the NYU Child Study Center YouTube Website by supervising NYU undergraduate students.