

A portrait of Dr. Jasmine Reed, a Black woman with long, curly brown hair, wearing a green blazer over a white lace top. She is standing with her arms crossed, looking slightly to the right. The background is a soft, out-of-focus grey.

Dr. Jasmine Reed

Clinical Psychologist | Executive Coach | Author of
Becoming Who You Needed

About me

For more than a decade, I have been committed to helping individuals, leaders, and organizations cultivate emotional wellness, resilience, and sustainable success. As a licensed clinical psychologist and founder of Ubuntu Psychological Services, I have dedicated my career to expanding access to culturally responsive mental health care while helping people build lives that are as healthy on the inside as they appear on the outside.

I am also the author of *Becoming Who You Needed*, a guide for high achievers, caregivers, entrepreneurs, and leaders who have spent their lives showing up for everyone else while quietly losing themselves in the process. Through both my clinical work and my writing, I help people recognize that success alone does not heal burnout, trauma, grief, or self-abandonment —and that true fulfillment begins with becoming the person you needed all along.

In 2020, I founded Ubuntu Psychological Services with a mission to provide high-quality mental health services for historically underserved communities through clinicians who reflect the communities they serve. Since then, I have expanded my work beyond traditional therapy into executive coaching, leadership development, organizational consulting, and workplace wellness, helping individuals and organizations create healthier cultures built on psychological safety, resilience, and well-being.

My commitment to everyday wellness also inspired the launch of the Dr. J. Reed Wellness Collection, featuring thoughtfully designed journals, weighted blankets, mugs, and wellness tools that encourage intentional self-care beyond the therapy room.

Whether I'm working with Fortune 500 leaders, entrepreneurs, community organizations, or audiences around the country, my mission remains the same: helping people move beyond survival so they can lead, live, and thrive with greater clarity, confidence, and purpose.



Featured Book: Becoming Who You Needed

A powerful guide for high achievers who have spent their lives becoming who everyone else needed—without ever becoming who they needed for themselves.

Through powerful storytelling, psychological insight, and practical reflection, Dr. Reed helps readers heal from self-abandonment, reconnect with their authentic selves, and build lives rooted in self-worth rather than achievement.

A GUIDE FOR THE FIRST IN THE FAMILY TO HEAL & *thrive*

What happens when you're the first to "make it"—but it doesn't feel like success? This book is for the high-achieving, cycle-breaking, emotionally exhausted first. The one who carries the hopes of an entire lineage, yet silently wonders: *Why does success still feel so heavy?*

If you've ever felt guilt for outgrowing your upbringing, pressure to be the dependable one, or shame for needing rest more than recognition—this is your permission slip to heal. Inside these pages, you'll explore the unseen costs of being "the strong one," understand how unmet childhood needs fuel perfectionism, and finally give language to the pain you were never allowed to name.

Through research, reflection, and soul-deep strategies, you'll reconnect with your inner child, release roles that no longer serve you, and redefine success beyond performance. This isn't just a book. It's a mirror for the unspoken, a roadmap for healing, and a soft place for your emotions to land.

You're not broken—you're becoming. And you don't need to abandon where you came from to honor where you're going. You are not a traitor for changing. You are the generational intervention.

Dr. Jasmine Reed

Dr. Jasmine Reed is a licensed psychologist, wellness leader, and founder of Dr. JReed Wellness Collection and Ubuntu Psychological Services. With over 15 years of experience, she is a trusted voice in trauma healing, leadership development, and liberation-focused mental health. A two-time founder and sought-after speaker, she has trained hundreds of professionals and partnered with organizations advancing equity and well-being. Dr. Reed blends clinical rigor with soul-centered strategy to help high achievers reclaim their power and move beyond survival into lasting healing. Learn more at www.drjreed.com



Dr. Jasmine Reed

BECOMING

WHO YOU NEEDED



THE HIGH ACHIEVER'S HEALING JOURNEY

Dr. Jasmine Reed



2.13B media impressions

10K+ social media reach

1K+ audience sizes

What can I do for you?

I’m passionate about helping individuals and organizations unlock their full potential by fostering emotional wellness, resilience, and connection. My goal is to inspire personal growth, resilience, and emotional well-being while equipping audiences with practical tools they can use in their daily lives. Whether through a keynote address, interactive workshop, or panel discussion, I create meaningful connections and deliver actionable insights to help your group thrive.

Services



Program Development

With expertise in creating impactful leadership initiatives and fostering inclusive workplaces, Dr. Reed partners with you to craft solutions aligned with your mission, values, and goals.



Consulting

From mental health initiatives to leadership development, Dr. Reed’s consulting services address immediate needs while building a foundation for long-term organizational success.



Therapy

Therapy sessions are tailored to your unique needs, providing a compassionate and supportive environment where you can work through challenges and build a healthier mindset.