



TV | Podcasts | Radio | Social Media Collaborations

DR. JODI AMAN

Jodi Aman is a doctor of social work with 28 years of experience in clinical practice. She helps clients heal from trauma, understand the world, and reclaim confidence in themselves. She created C.O.M.P.A.S.S., an emotional wellness curriculum for middle and high school health classes designed to mitigate symptoms of anxiety and depression. On her live-streamed show, *Therapist Mom*, on BoldBrave TV, she discusses topics unique to Generation Z.

Giving expert advice on

- COLLECTIVE & PERSONAL TRAUMA
- ANXIETY
- EMOTIONAL WELLNESS
- GENERATION Z
- YOUTH MENTAL HEALTH CRISIS
- PARENTING & EDUCATING GENERATION Z
- TEEN DATING VIOLENCE
- DIGITAL DEPRESSION
- EMERGING ADULTS
- AND MORE!



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