



JODI AMAN, DSW

JODI AMAN
DOCTOR OF SOCIAL WORK

Jodi Aman has 28 years of experience as a clinician understanding young people and the problems that affect them. 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. With her YouTube videos, TEDx Wilmington talk, "Calm Anxious Kids," and her award-winning books, she's helped over 2 million parents, educators, counselors, and teens understand and reverse the current mental health crisis.



Signature Talks

SOCIAL MEDIA AND MENTAL HEALTH

UNDERSTANDING AND REVERSING ANXIETY AND DEPRESSION

FINDING AGENCY IN AN UNCERTAIN WORLD

HARDWIRING YOUR BRAIN FOR HAPPINESS



When Dr. Jodi speaks, I feel 10 feet tall. ~Helene

BOOK DR. JODI

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