



## AMERICA'S ESSENTIAL HOSPITALS

### VITAL2022 Preconference Bio

Jeff Gardere, PhD  
Associate Professor and Course Director  
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A widely sought-after mental health expert, Gardere is an associate professor and course director of behavioral medicine at Touro College of Osteopathic Medicine, in New York, and maintains a private practice.

Known as “America’s psychologist,” Gardere contributes to the “Today” show, FOX, MSNBC, and CNN. He hosted VH1's “Dad Camp” and has served as a psychologist on numerous television shows, including “The Real Housewives of Atlanta.” He has authored several books, including *Love Prescription: Ending the War Between Black Men and Women*, as well as *Practical Parenting with Montel Williams*, co-authored with the Emmy Award–winning talk show host. Gardere’s first book, *Smart Parenting for African Americans: Helping Your Kids Thrive in a Difficult World*, was lauded in *Black Issues Book Review* as “necessary for raising African American children in today’s society.” Gardere also was a monthly columnist for *Sister 2 Sister* magazine.

Gardere holds a doctoral degree in psychology from George Washington University and a bachelor’s degree in psychology from the University of Rochester.