

OFFICIAL BIOGRAPHY

Jeffrey Rediger, MD, MDiv

Physician • Psychiatrist • Bestselling Author • Harvard Medical School Faculty

Exploring the science, story, and deeper conditions of healing.



BIOGRAPHY

Jeffrey Rediger, MD, MDiv, is a bestselling author and a licensed physician and psychiatrist on the faculty of Harvard Medical School. He is also the medical director of Providence Santa Rosa Memorial Hospital Behavioral Health Services in Sonoma County, California. He was the medical director of McLean SE and Community Affairs at McLean Hospital in Boston for twenty-two years, and concurrently for many years also the Chief of Behavioral Medicine at Good Samaritan Medical Center. In addition to his medical and psychiatric training, he has a Master of Divinity in theology and philosophy of science from Princeton Theological Seminary. His investigations into remarkable recoveries from incurable or fatal illnesses have been featured on The Oprah Winfrey Show, The Dr. Oz Show, and Anderson Cooper 360°, among others. He has been nominated for the National Bravewell Leadership Award and has received many awards for leadership and patient care. His bestselling book, *Cured: Strengthen Your Immune System and Heal Your Life* (AKA *Cured: The New Science of Spontaneous Healing*), has been published in thirty-two languages so far and is available at both local bookstores and online. *Relationsick: Why Putting Yourself Last Is Destroying Your Health - And How To Heal* is the next step beyond *Cured* into a more granular explication about what the healing of identity actually requires. What has been missed far too often in both medicine and psychiatry is that we can become ill because of what is or is not going on in our primary relationships. Our bodies, minds, and nervous systems tell the story. We can also heal in relationship and *Relationsick* goes deep into what this looks like and what healing requires.

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A PERSONAL PATH

Jeff grew up on a farm in rural Indiana with a father who heralded from the Amish tradition and a mother from the ranches in Montana. It was an extraordinarily violent home and it didn't take long for Jeff to sense the difference between what was said to be true and what was actually emotionally true. After experiencing years of dissociation and a few spiritual experiences, during which he avoided foster care at his peril but forced himself to submit and obey as a way to survive, Jeff escaped to college, where education served as both flight and a way out. Although seminary was the most important part of his preparation for becoming a physician, it also became a way to pound in the indoctrination of his youth even deeper, this time by himself, and therefore later became the next thing to deconstruct.

THE INQUIRY

Shortly after accepting his faculty position at Harvard and the medical directorship of McLean SE at McLean Hospital in 2002, he began gathering medical evidence from the Olympians of health and wellbeing. This was a kind of empirical theology in its quest, an intense need to move beyond conflicting opinions into the hard evidence and patterns associated with recovery when all else appeared grim. He was able to document that it's not doctors or medications that get people better, nor was it nutrition, stress reduction, or any of the other commonly touted external or material treatments; the deepest healings are really about the healing of identity and false beliefs, both conscious and unconscious. Along the way, he experienced a rebuilding of his own mind, body, and nervous system, and eventually was able to begin understanding that healing at the deepest levels requires both understanding and experiencing one's value as a human being and the value of all others, none of whom are one up or one down from anyone else.

A PERSON-CENTERED MEDICINE

He now considers himself a responsible antipsychiatrist, one who loves psychiatry and believes in medical science and all that it can offer but who is also aware that many people have disappointing experiences with psychiatry and medicine in general that often prevent people from obtaining the level of healing and wellbeing that they need and deserve. He is deeply committed to a type of psychiatry and medicine that are built on what is right and good about every human being and does not pathologize or overly medicalize human problems of living. He cares about the democratization of medicine and psychiatry and helping people become the CEOs of their own health and wellbeing rather than passive patients who are far too often taught to be compliant, passive recipients of treatments that reduce symptoms but ignore the deeper causes.

WEST SONOMA COUNTY

Although he will always love Boston and New England, Jeff now lives with his partner and Golden Retriever in rural West Sonoma County, California, in a renovated barn where on a daily basis he is captivated by the natural beauty of the outdoors and the abundance of artists, writers and creative types, as well as the cornucopia of local produce, wine, music, and high-quality food that characterizes all of West Sonoma County and the Pacific Coast.

SELECTED CREDENTIALS

Harvard Medical School

Faculty member

Princeton Theological Seminary

Master of Divinity in theology and philosophy of science

McLean Hospital

Former Medical Director, McLean Southeast and Community Affairs

Good Samaritan Medical Center

Former Chief of Behavioral Medicine

Books

Cured; Relationsick

Media

The Oprah Winfrey Show; The Dr. Oz Show; Anderson Cooper 360°

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