



Tanmeet Sethi, M.D.

Press and Media Kit

About Tanmeet

Tanmeet is a board-certified Integrative Family Medicine physician and Clinical Associate Professor at the University of Washington School of Medicine. She has spent the past 25 years working on the frontlines of the most marginalized communities, as well as globally with victims of school shootings, survivors of hurricanes, citizens impacted by police violence, and psychologists in Ukraine under attack. Tanmeet has created entire Integrative medicine programs from the ground up, including the first-ever fellowship in Washington state. Her expertise is widely recognized in both local and national work which includes leading programs on healing from trauma, thought-provoking presentations (to both medical and non-medical organizations), and multiple articles and textbook chapters on Integrative Medicine.

[WEBSITE](#)[INSTAGRAM](#)[LINKEDIN](#)[FACEBOOK](#)[WATCH TANMEET'S TED TALK](#)

HOW TO PRONOUNCE TANMEET

Highlights



- 2,000+ highly engaged and involved social following
- TedxTalk with 286,000+ views
- 25+ years of medical experience
- Certification in Psychedelic Assisted Therapies and Research, California Institute of Integral Studies
- Graduate of Fellowship in Integrative Medicine, University of Arizona Program in Integrative Medicine
- Certified in Functional Medicine, Institute of Functional Medicine
- Certified Faculty, The Center for Mind Body Medicine, Washington DC
- Board Certified in Family Medicine
- Board Certified in Integrative Medicine
- Residency in Family Medicine, Swedish Hospital
- MD, Doctorate in Medicine, Rush University, Chicago, Il.
- Bachelors in History, Northwestern University, Chicago, Il.



Speaking



Dr. Sethi's talks draw on the same bold and compassionate honesty as her clinical practice and writing, offering invitations to live this life from a deep well of meaning and Joy. She offers neuroscience from an equity lens, inspiring stories on the range of human capacity, science-backed ways to make a lifestyle change, and powerful mind-body exercises to feel these truths within your own body, leaving the audience transformed.

SIGNATURE TALKS

"Why Not Me?"

One simple change—this question as an embodied micro-resistance-to your usual response to challenge and suffering creates a profound cascade of changes, bringing you closer to Joy. Through transformative mind-body medicine, neuroscience, and self-inquiry, we explore this radical shift you can apply to your life today.

"Joy As a Disruptor to the Systems that Oppress Us"

We explore the profound practice of Joy, how it is different from happiness, and the exact components of this healing medicine to reveal the truest Justice you will ever know. Searching for fairness will decimate your spirit but seeking the Justice of Joy will save your soul.

"The Critical Difference Between Gratitude and Toxic Positivity in a Cruel and Unjust World"

Why gratitude matters and why it is not a contrived, false concept but instead the truest way to acknowledge the suffering or oppression you are experiencing. I use transformative and inspiring stories, exercises, and accessible neuroscience.

MORE SPEAKING TOPICS OFFERED ON MY WEBSITE

featured in





Dr. Sethi's presentations are a thought-provoking combination of the power of personal growth and vulnerability. She engages her audience in such a manner that few will leave unchanged and most will emerge with new knowledge of themselves.

Renee Crichlow, MD

Vice-Chair of Health Equity BU Dept of Family Med,
Lecturer Harvard T.H. Chan School of Public Health
President-Elect Society of Teachers of Family Medicine

Dr. Sethi is a bright shining star. Intelligent, compassionate and driven, she is pushing the edges of medicine precisely in the direction it needs to go —towards complete mind and body health. In advocating for finding gratitude in the face of life's many challenges, Tanmeet's teaching has inspired and improved the lives of countless others, including my own.

Becky Selengut

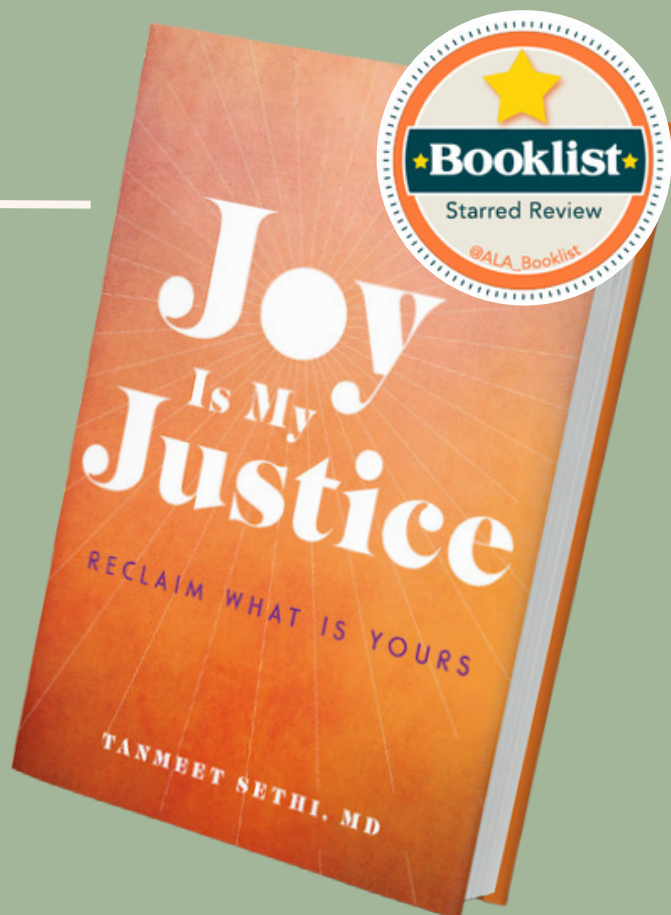
Chef, Instructor, and Author of *How To Taste*



Author

Joy is My Justice: Reclaim What Is Yours

Joy Is My Justice is a radical guide that will open you to the potential of healing, rooted in powerful stories, potent guided exercises and meditations, and neuroscience. If you think finding Joy is too hard, too much to hope for, or only for people who are “resilient enough,” this book is for you. Joy is liberation in your body—the truest Justice you will ever know.



“Full of transformative practices, illuminating stories, and courageous inspiration, this book offers a path through for anyone dealing with trauma, pain, or simply the daily injustices of the world—all the while painting a vision for how we bring joy and justice into our lives with a radical push for change...This is the friend to keep with you, the reminder that we can change the world.”

PRAMILA JAYAPAL
U.S. Congressmember, civil rights activist,
and author of *Use The Power You Have*



“We mostly turn away from our pain. I have. Tanmeet invites us to walk a stronger, more human path, surprisingly to Joy and Justice. I know her wisdom heals, as it has helped me, and my patients, become more whole. I urge you to make space for Tanmeet’s message in your life.”

DREW RAMSEY, MD
Integrative Psychiatrist, author of *Eat To Beat Depression and Anxiety*,
Assistant Clinical Professor of Psychiatry at Columbia University





Tanmeet Sethi *MD*

To request an interview or to hire
Dr. Tanmeet Sethi to speak,
please contact:

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