

DR. FRED MOSS

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THE UNDOCTOR

MEDIA KIT
2025

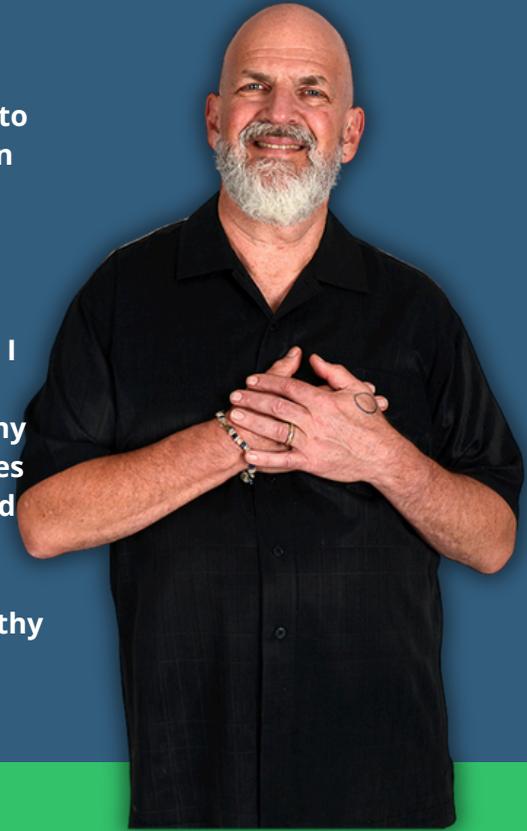
WHOP AM P

I'm Dr. Fred Moss, but more importantly, I'm a fellow human navigating life's twists and turns—just like you. I live in the foothills of the Sierra Nevadas with my wife Alexandra, and I'm the proud father of two beautiful children who live in Texas. I'm also happily "owned" by my three cats: Valentino, Despacito, and Winston. They keep me grounded, humble, and remind me daily of the value of stillness and presence.

Professionally, I'm a board-certified psychiatrist, life coach, author, speaker, and thought leader. But none of those titles mean as much to me as the opportunity to truly connect—with one person at a time, in real conversation, with real listening. That's where I believe healing lives.

Over the past 40+ years, I've seen the mental health field shift dramatically, and I've often found myself challenging the status quo. I don't believe people are broken. I believe they're unheard, misrepresented, and disconnected from their truest selves. That's why I've committed my life's work to helping people rediscover their voices and embrace their humanity—without diagnosis, without shame, and without pretending.

At my core, I'm someone who believes that we are all whole and worthy—just as we are. My work is simply an invitation to remember that.



MY STORY

I didn't always know I would become a doctor—especially not a psychiatrist. I dropped out of college not once, but twice. Eventually, I landed a job at a state mental health facility for adolescent boys. I thought it would be temporary. Instead, it awakened something in me.

Over five years, I discovered a deep passion for authentic connection and human expression. Frustrated with the limitations of the traditional system, I returned to school and earned my MD from Northwestern University. I later completed my psychiatry training at the University of Cincinnati, followed by a fellowship in child and adolescent psychiatry.

Since then, I've spent a lifetime challenging the status quo of mental health care.

**THE UN-DOCTOR
WANTS TO WELCOME
YOU BACK TO
HUMANITY AND TO
FIND YOUR TRUE
VOICE.**

“Communication, connection, being with others, creativity, self-expression, and listening are at the core of all healing and not just in mental health but in all healing including some of the healing that we could certainly use right now these days.”

-Dr. Fred Moss

WHY BOOK ME

I bring heart, truth, and decades of experience to the mic. I don't just "talk mental health"—I challenge how we think about it. My conversations are rooted in lived experience, deep insight, and an unwavering belief in the healing power of connection.

You won't get rehearsed scripts or surface-level chatter. What you'll get is vulnerability, truth, a little humor, and a lot of wisdom. Whether your show is about mental health, creativity, AI, psychedelics, relationships, or transformation, I'll meet your audience where they are—and invite them into a deeper dialogue.

MORE ABOUT ME

I hold a medical degree from Northwestern University Feinberg School of Medicine and completed my residency in General Psychiatry and a fellowship in Child & Adolescent Psychiatry at the University of Cincinnati. My professional training also includes an internship at the University of Illinois at Chicago and a Bachelor of Science in Biological Sciences from Wayne State University.

Over the course of my career, I've served in a wide variety of clinical settings—from correctional institutions and hospitals to nursing homes and private telepsychiatry practices. I've treated over 40,000 patients and consulted for more than 40 long-term care facilities. I've also spent years providing expert witness testimony in courtrooms across the U.S., covering topics such as psychiatric malpractice, suicide, involuntary hospitalization, correctional healthcare, addiction, and PTSD.

I hosted three podcasts:

- [Welcome to Humanity](#)
- [\[IN\]Sanity \(with Sam Morris\)](#)
- [The Healthy Healer](#)

Across these platforms, I explored everything from redefining mental health to the role of creativity and consciousness in personal transformation. These shows allowed me to reach a global audience and amplify important conversations around healing, presence, and authenticity.

I've had the honor of being featured in over 100 podcast interviews — [Podcast Guesting Page](#). From intimate one-on-ones to panel-style discussions, I bring with me decades of insight and a deep commitment to authentic dialogue.

Whether I'm speaking as a psychiatrist, coach, or human being, my mission is simple: to awaken meaningful conversations that reconnect us to ourselves—and to each other.

TOPICS I SPEAK ABOUT

- Unmasking Mental Health Beyond Diagnoses
- Healing Without Medication: The Human-Centered Approach
- The Power of Creativity and Self-Expression
- The True Voice Method: Reclaiming Your Authentic Voice
- Psychedelics and Mental Health
- AI Meets Mental Health: A Paradigm Shift
- Global & Cultural Approaches to Healing
- Redefining Purpose After Career Transitions
- Podcasting as a Tool for Connection and Truth
- Living with and Learning from Cats (yes, really!)
- Navigating Young Adult Challenges and Growth
- Sports, Music, Nature & Spiritual Expression in Wellness



SOCIAL LINKS



FREEBIES FOR LISTENERS & AUDIENCES



FREE 7-Day Liberation Challenge

Join my private online community, Welcome to Humanity, and start your journey toward rediscovery, authenticity, and healing.

← <http://bit.ly/4kkyoBG>

Free Copy of My Book: **Find Your True Voice**

Get instant access to my foundational book for reclaiming your voice and sharing it powerfully with the world.

← <https://findyourtruevoicebook.com/>

FREE Audiobook of **Creative 8: Healing Through Creativity and Self-Expression**

Listen to the full audio version of my book and explore how creativity can serve as the ultimate healing force.

← <https://welcometohumanity.net/creative>

KATHRYN STROEHLEIN

One of my favorite things is the expansion that it's given me in my life. The expansion to reach down inside me and speak from the truth, beyond hiding... It had me see that the only one that stops me from going down the hero's journey is me.

KELLY KAELEN

What has held me back is knowing what my own voice is and not being afraid to put it forward. This has been a hindrance for me for decades. Getting to the point of empowerment and being able to speak my truth is the transformation I am currently going through.

JOHN PANGIOCHI

[Dr. Fred] guides us gently and effectively through the process of discovering our own true voice. Something we probably all thought we had before the course started, and something that has evolved into something much more than I ever expected from the course.

ALEXANDER MARTIN

[Dr. Fred] gets us to the point where we can launch and start producing podcasts that are relevant, that reach out to our audience, that express who we are and what we're up to.

HILARY BURNS

You're kind of like, "is this something I can share?" and with Dr. Fred, you just feel like, yes. This is our voice. It's okay to speak it. It's okay. You're validated.

JACKIE SIMMONS

The only reason someone would want to listen to me was because I was speaking the truth. Not what everyone else is talking about or what anybody else was talking about. [I'm] finally getting to the place where my voice sounds like me 100% of the time.