

Hellooooo Listeners! ;)

Thank you so much for subscribing to The Telepsychiatrist Newsletter. I hope you'll find some of this background information interesting.

Episode 3 will be airing today, March 26th at approximately...now! In this episode, I travel to Nairobi, Kenya to interview the legendary psychiatrist/educator/researcher, Dr. David Ndetei. He welcomed my sound man (husband Jody- yes, we have the same first name!) and I into his home and I have to say it was nothing short of a spiritual experience. In case this doesn't come across in the episode, Dr. Ndetei's family are some of the most gracious, warm, and just lovely people to be around. Before the interview, we sat down and had a beautifully prepared fresh and delicious meal that was made vegetarian just for us! The energy and conversation was great, but eventually I had to force myself to start the interview. Following the interview, we headed straight to the airport for our long journey back home. On the plane, Jody listened to the raw interview TWICE because he was so taken by Dr. Ndetei's wisdom and humble nature. (See attached videos/photos to see more of Kenya and Dr. Ndetei's family)

This interview was made possible by the wonderful people at Columbia University's Psychiatry Department, specifically Dr. Rebello, the program manager of the Global Mental Health Program. For more information on all things Dr. Ndetei, please visit Africa Mental Health Research and Training Foundation at <https://africamentalhealthresearchandtrainingfoundation.org/>

Remember, you can hear ALL of the episodes by subscribing through google, apple, spotify, or any other podcast platform.

Here is a direct link to the episode, if you prefer, you can click [here](#)

I hope this helps you, or someone you know. Please feel free to share.

Best,

Jodi Midiri, MD