



**Visionary. Innovator. Thought Leader.**  
**Recognized Expert. Captivating Speaker.**

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**Visionary.** Over thirty years ago, Mental Health Expert Dr. Gregory Jantz pioneered whole-person, holistic care. Now recognized as one of the leaders in holistic treatment, Dr. Jantz continues to identify cutting edge, more effective forms of treatment for people struggling with eating disorders, depression, anxiety, PTSD, relationships, and more.

**Innovator.** Dr. Jantz uncovered a disconnect in mental health treatment. Instead of having clients conform to a one-size-fits-all program, Dr. Jantz developed individualized treatment programs specifically designed for each person under his care. No two regimens are ever the same, because no two people have the same life issues and challenges.

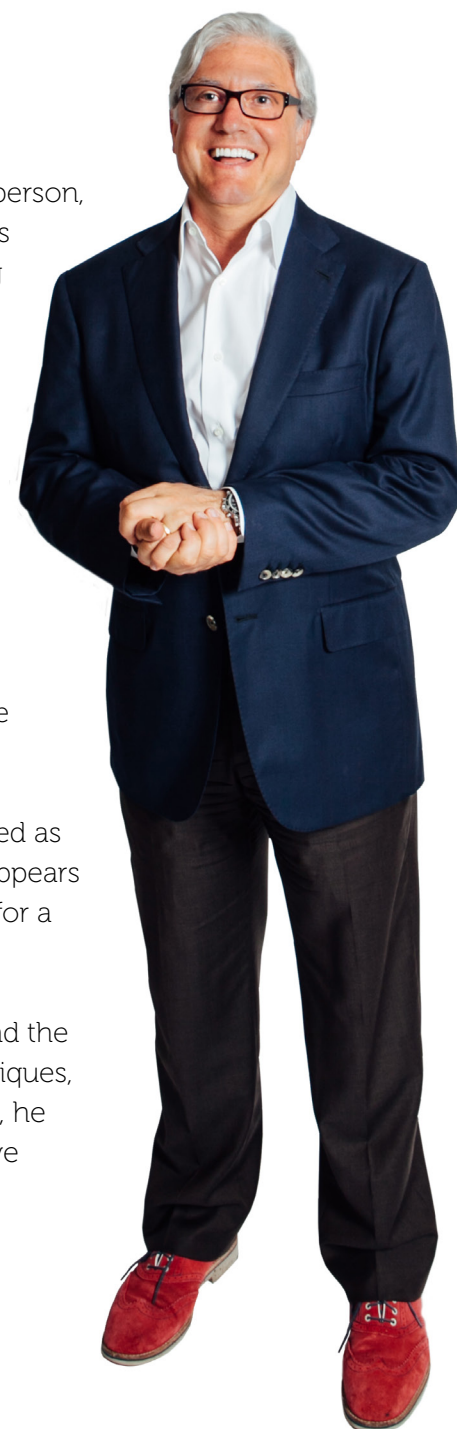
**Thought Leader.** Dr. Jantz is the author of 37 best-selling books, host of a national radio program, and is also a regular contributor to *Psychology Today* and *Thrive Global*. Recognized as a leading authority on the treatment of eating disorders, depression, relationships, anxiety, technology addictions, and much more, Dr. Jantz is sought worldwide as a keynote speaker.

**Recognized Expert.** Under Dr. Jantz's leadership, The Center • A Place of HOPE is recognized as a Top 10 Facility in the United States for the Treatment of Depression. Dr. Jantz frequently appears on national media channels, such as CNN, FOX, ABC, and NBC. He is a go-to media expert for a range of behavioral-based afflictions, as well as drug and alcohol addictions.

**Captivating Speaker.** Whether delivering a dynamic presentation to help parents understand the role of technology in their children's lives, or teaching professionals about counseling techniques, Dr. Jantz is a preferred keynote for conferences, retreats and symposiums. A crowd favorite, he leaves attendees with not just a memorable address, but action items and tools to improve their lives.

**Creating Hope & Possibility**

**For speaking engagements and media inquiries, please contact:**  
Beth Chapman • [bethc@aplaceofhope.com](mailto:bethc@aplaceofhope.com) • 1.800.492.3910





## About Dr. Gregory Jantz

### A Vision of Hope

Pioneering whole-person care over 30 years ago, eating disorder specialist, Dr. Gregory Jantz has dedicated his life's work to developing ways to create more possibility for others, helping people change their lives for good.

Early in his career working with people who suffered with eating disorders, Dr. Jantz uncovered a disconnect in treatment options available to people who were hurting. His work revealed that often patients suffered from depression, addiction, and other disorders. As a result, he found himself compelled to dig deeper, developing a multi-disciplinary treatment approach that would care for the whole-person instead of the just the symptoms.

### Vision into Reality: The Center • A Place of HOPE

Bringing together a team of world class professionals to address the medical, physical, psychological, emotional, and spiritual considerations involved in recovery, Dr. Jantz founded The Center • A Place of HOPE to help people transform their lives.

### Best-Selling Author and Renowned Speaker

With a strong desire to help more people, Dr. Jantz focuses on ways to share his vision with people who need it the most.

Dr. Jantz is a best-selling author of over 37 books. He is a go-to media source expert for a range of behavioral-based afflictions, as well as drug and alcohol addictions. Dr. Jantz has appeared on CNN, FOX, ABC, CBS, and has been interviewed for the *New York Post*, *Associated Press*, *Family Circle*, and *Women's Day*. He is also a regular contributor to *Thrive Global* and *Psychology Today* blogs.

Dr. Jantz is a sought after speaker, appearing internationally. With an entertaining and captivating presentation style, he speaks to a wide range of behavioral and dependency disorders.

Visit [www.drgregoryjantz.com](http://www.drgregoryjantz.com) to learn more. His treatment facility, The Center • A Place of HOPE, is recognized as a Top 10 Facility in the United States for the Treatment of Depression.



Dr. Gregory  
Jantz



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## TECHNOLOGY AND THE MEDIA

### Hooked - The Pitfalls of Media, Technology and Social Networking

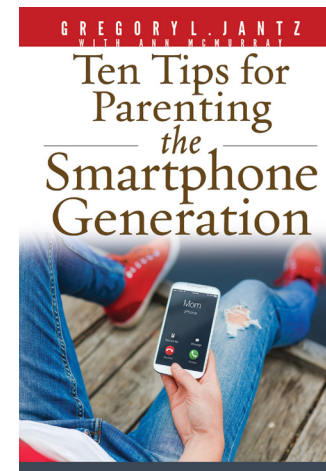
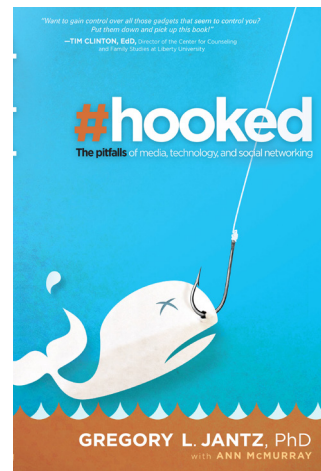
In our modern culture of 24/7 tethering to digital devices, a new societal phenomenon risks tearing apart the critical fiber of individuals, families and, indeed, our society. In this captivating presentation, Dr. Gregory Jantz takes the audience through various devices, websites, digital behaviors and attractors that produce and identify technology addiction. Learning up-to-date stats on behavior, masking techniques and negative consequences of obsessive digital addiction, Dr. Jantz provides proven tools and techniques to help treat those with technology addiction.

Addiction specialist Dr. Jantz speaks enthusiastically and frankly about digital devices, social media magnets, and Internet sidetracks we have at our fingertips. With real-life examples, he presents a celebration of the positives technology offers and precautionary tools to avoid the negatives it unleashes.

#### Recommended book for your event:

*Hooked – the Pitfalls of Media, Technology and Social Networking* (Siloam, 2012)

*Ten Tips for Parenting the Smartphone Generation* (Aspire Press, 2016)



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## FAMILY LIFE + RELATIONSHIPS

Relationship Addiction • Raising Boys • De-Stressing Your Life • Marital Relationships

### Sex, Love and Relationship Addiction: Breaking the Cycle

Relationships are supposed to give us love, strength, encouragement and affirmation. Sadly, many do not. Why and how do some relationships create heartache and havoc? Why and how do some bring desperation, frustration and unmet needs? Why do some produce comfort, where others produce pain? Dr. Jantz leads a research-based presentation that educates and informs professionals on the causes and behaviors associated with disordered relationships, and gives tools and techniques to help counsel, treat and heal lives and break free from unhealthy relationship patterns.

Recommended book for your event:

*Don't Call It Love* (Revell 2015)

### The Art of Raising Young Boys

Based on the best-selling book *Raising Boys By Design*, by Dr. Jantz and co-author Michael Gurian (Waterbrook, 2013), this groundbreaking and humorous presentation provides a marvelous tool for parents, schools, and communities. Dr. Jantz traces what a boy needs to thrive, how girls and boys learn and grow differently, how acculturation and technology influence boys, and how to motivate boys for school success.

Recommended book for your event:

*Raising Boys by Design* (WaterBrook Press 2013)

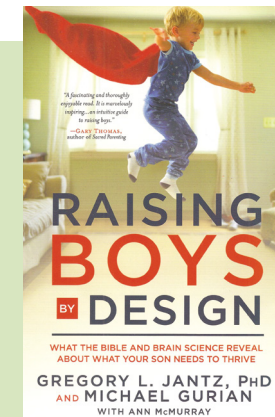
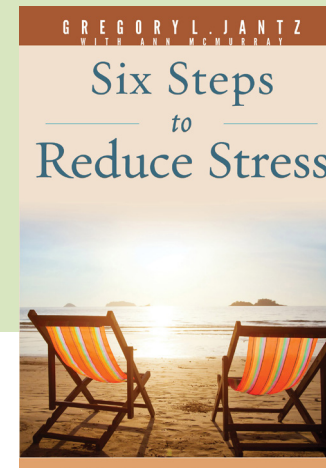
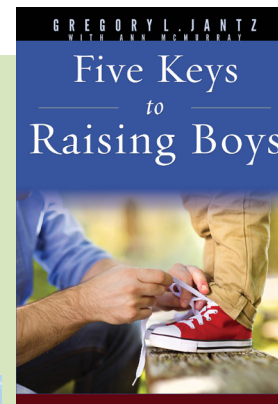
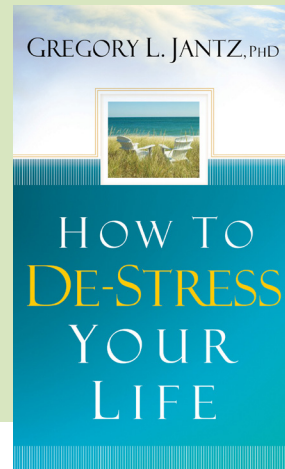
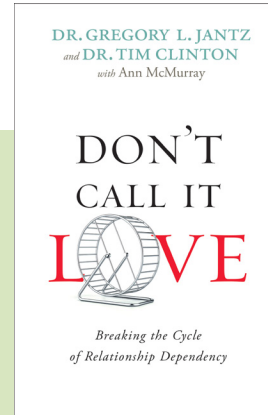
### How To De-Stress Your Life

Discover the freedom to rise above chronic stress. We live in a fast-paced world that can take its toll on the mind, body, and spirit. Dr. Jantz reveals eight secrets for finding all the energy you'll ever need, ways to eliminate self-defeating attitudes, and more. Life may not slow down, so Dr. Jantz shares insights and lessons on how to de-stress your life and avoid burn out, emotional exhaustion, and depression.

Recommended book for your event:

*How To De-Stress Your Life*, (Revell 2008)

*Six Steps to Reduce Stress*, (Aspire Press, 2016)



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## OVERCOMING LIFE'S CHALLENGES

Depression and Anxiety • Addiction • Eating Disorders • Workplace Productivity

### The Power Within to Overcome Depression and Anxiety

Dr. Jantz has perfected his revolutionary whole-person approach to treating individuals, leading to his treatment center's recognition as a Top Ten Facility in the United States for the Treatment of Depression. Listen to this inspirational and powerful keynote on the secret of "breaking through", revealing the amazing person inside each of us.

#### Recommended book for your event:

*Turning Your Down Into Up* (Waterbrook, 2013)  
*Five Keys to Dealing with Depression* (Aspire, 2016)  
*Seven Answers for Anxiety* (Aspire, 2016)

### Freedom from Disordered Eating

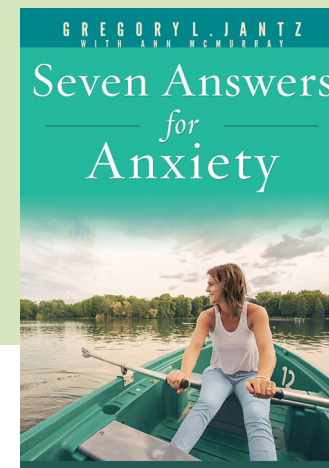
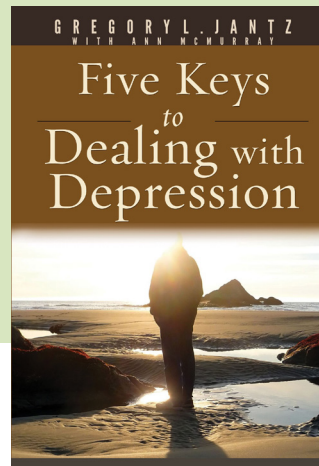
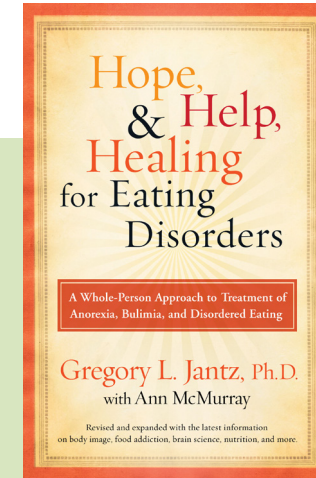
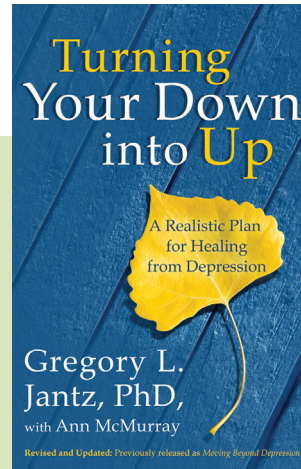
Regarded as one of our nation's leading certified eating disorder specialists, Dr. Jantz delivers a beautiful, educational and inspiring keynote on the complexities of eating disorders. He leads your audience through a fascinating and revealing understanding of this powerful disorder – then delivers the message of hope and care that promises to change lives.

#### Recommended book for your event:

*Hope, Help and Healing For Eating Disorders*  
(Waterbrook, Latest Revision 2010).

### Re-energizing Workplace Productivity

Dr. Jantz is a master at providing the tools and techniques to return productivity to the workplace. In this entertaining and informative presentation, he provides the proven techniques managers and co-workers can use to not just reduce workplace stress, but improve productivity and enjoyment in the workplace.



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## NEW "HEALING THE SCARS" BOOK SERIES

### Healing the Scars of Childhood Abuse + Healing the Scars of Addiction

#### Healing the Scars of Childhood Abuse

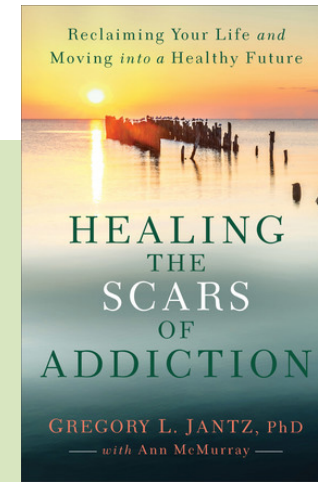
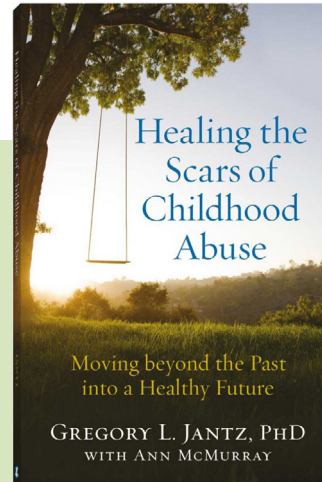
Something dreadful happened on the way to adulthood for far too many children. Perhaps you're one of them. Perhaps the childhood you so desperately wanted didn't happen for you. Instead, your childhood wasn't something you dreamed about; your childhood was a nightmare you survived. And for some of you, just barely.

Childhood is supposed to be a loving, nurturing, and empowering time for children to be strengthened and supported into adulthood. When childhood abuse enters into that picture, that reality becomes torn and tattered. How do you find a way to pick up those fragments of your life and move forward?

#### Healing the Scars of Addiction

The destruction of addiction lies in ruin around too many people – from the one who is or was addicted, to those who love that person. Traditional culprits of drugs, alcohol, and gambling are joined by newer addictions, such as food, prescription medication, shopping, pornography, and technology. Left unaddressed, addiction devastates lives, jobs, relationships and one's walk with God.

For anyone struggling with an addiction, attempting to live in recovery, or seeking to understand the mind of an addict they love, this newest book is a lifeline.



## NEW BOOK SERIES

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PUBLICATIONS, BLOGS and VIDEO CLIPS

## PUBLICATIONS

**Dr. Jantz is a regular contributor to the following:**

Medium

Psychology Today

Thrive Global

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## DR. JANTZ'S BLOGS

A Place of Hope

A Place of Hope Anxiety Treatment

A Place of Hope Christian Counseling

A Place of Hope for Depression

Caring Online

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## VIDEO CLIPS

Is Your Family #Hooked?

Live TV Appearance: New Day Northwest

Anger Management - The Harvest Show

For More Video Clips Visit the Online Library

Road Rage - Fox News

The Negative Effects of Sexting - Fox News

Psychology Today



THRIVE  
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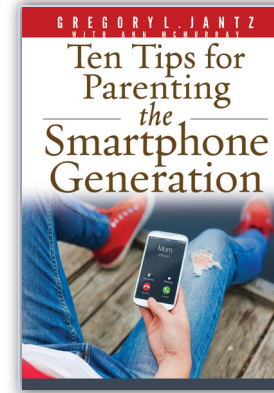
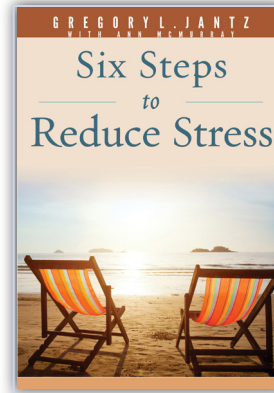
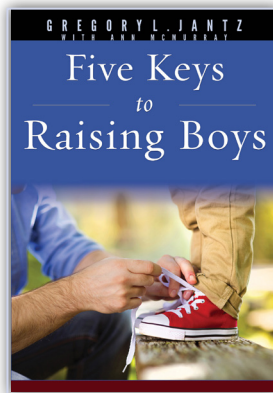
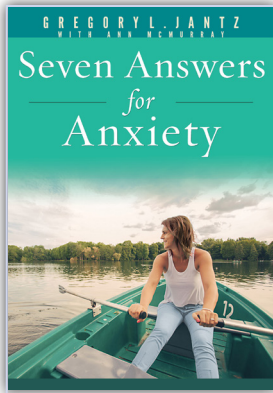
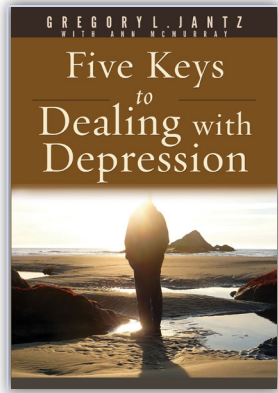
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## BOOK REVIEWS



### Mini Book Series



Speaking Topics

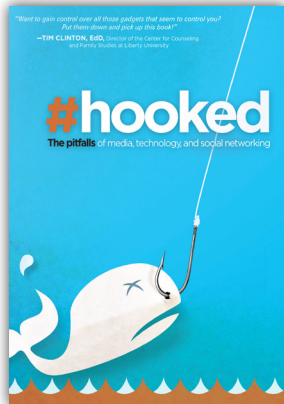
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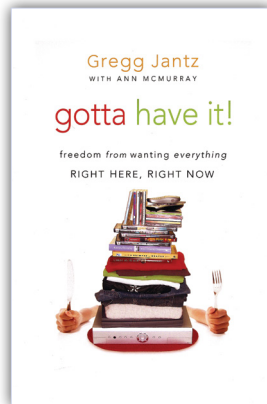
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### Hooked: The Pitfalls of Media, Technology and Social Networking

"Dr. Gregory Jantz, Seattle counselor and addiction specialist looks at the world of technology in #Hooked, where he writes "a cautionary tale" about the positives and negatives of the "digital umbilical cords" that tie users to technology. He writes about himself, his love for and use of techno gadgets to question if "technological tethers" need to be loosened."

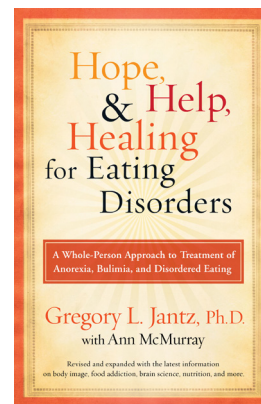
—Gail Welborn, Seattle Christian Book Review Examiner



### Gotta Have It: Freedom from Wanting Everything Right Now

Gregory L. Jantz has written this book that will make you stop and think about all that you have, or don't have, in life. Not only will he challenge your thinking and what you believe, but if you commit to working through each chapter, you will also sift through applying it to your daily life.

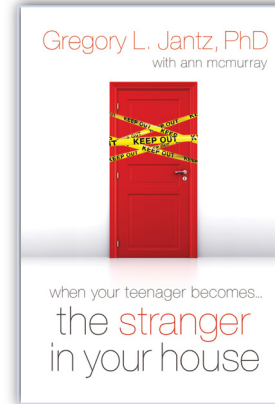
—Mandy Hoffman, User Review



### Hope, Help & Healing for Eating Disorders

"I was deeply touched and encouraged that [Jantz]...believes people living (or nearly dying) with eating disorders can overcome and be free."

—Cynthia Rowland, author of *The Monster Within*



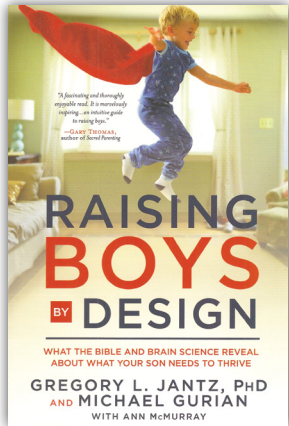
### The Stranger in Your House

"Many parents are anxious for when their children enter the teen years. It's difficult to navigate the mood swings and the hours they spend alone in their rooms. They ask the question, "What's going on with my teenager?"

—User Review



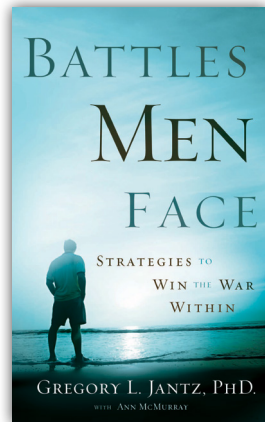
## BOOK REVIEWS



### Raising Boys by Design

"We live in a society where it's dangerous to be a normal, rambunctious, healthy boy. High energy is labeled hyperactive, competitiveness to excel is deemed selfish, and single-mindedness in completion of a task is considered insensitive. Society's constant attack on normal maleness instills a destructive insecurity and sense of inferiority into countless thousands of otherwise normal healthy men. *Raising Boys by Design* brilliantly exposes this destructive trend while providing meaningful insights and applicable solutions. If you want to protect your sons from the corrosive effects of today's world and empower them to become men after God's own heart, then this book is for you."

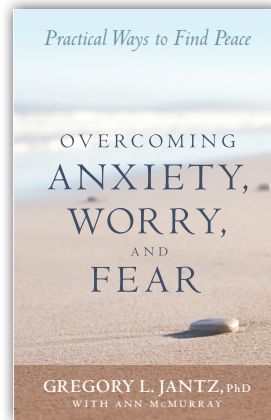
—Timothy R. Jennings, MD, author of *The God-Shaped Brain*, president-elect of the Tennessee Psychiatric Association, and chairman, board of regents, of the Southern Psychiatric Association



### Battles Men Face: Strategies to Win the War Within

"Men today face incredible challenges. In *Battles Men Face*, Dr. Jantz helps men and the women who love them address these issues head-on. Each page offers insight and hope to build strength and bring personal victory."

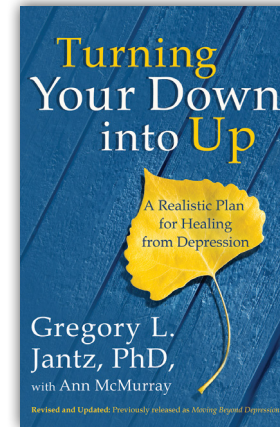
—Tim Clinton, president, American Association of Christian Counselors



### Overcoming Anxiety, Worry and Fear: Practical Ways to Find Peace

"For many people, living in a constant stream of anxiousness has become the only way they know how to live. There's much to be said about asking introspective questions and then making proactive, positive life choices. Jantz enables readers to do both, and his text is so engaging and encouraging...It's good medicine (for the heart, mind and body)."

—Michele Howe, BookReporter.com critic, and author of *BURDENS DO A BODY GOOD* and *Women's Health & Lifestyle Writer*



### Turning Your Down Into Up

"I found this book full of hope for souls struggling to find light in the midst of the darkness of a clinical depression. I also found it refreshing from the perspective that it presents a new and bold approach to the ancient problem of depression. The book presents what the authors refer to as a Whole Person Treatment plan that has been practiced and proven within Dr. Jantz's personal treatment organization, The Center near Seattle, WA."

—Dr. Freda V. Crews, Dmin, PhD, and television host of *Time for Hope*



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Dr Jantz is an "iconic" part of NW MinCon! His enthusiasm and presence is compelling on stage and off. Dr Jantz's workshops are packed out repeatedly meeting and exceeding the expectations of our attendees. Dr Jantz's knowledge and skill-set is unique and captivating with a godly temper and understanding that shows his expertise, reverence and heart for people.

- **Blake Caldwell, Director, Northwest Ministry Conference**

For 20 years our organization has striven to provide the best possible quality of care to those we serve. This process has challenged us to seek training and speakers that encourage the further development of existing strengths and talents while promoting an atmosphere of grace in which we all may freely evaluate and overcome our weaknesses. Through the years, I have sat through a great deal of training and have found few to meet this criteria to the level which Jantz demonstrates."

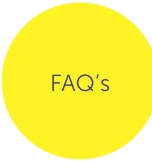
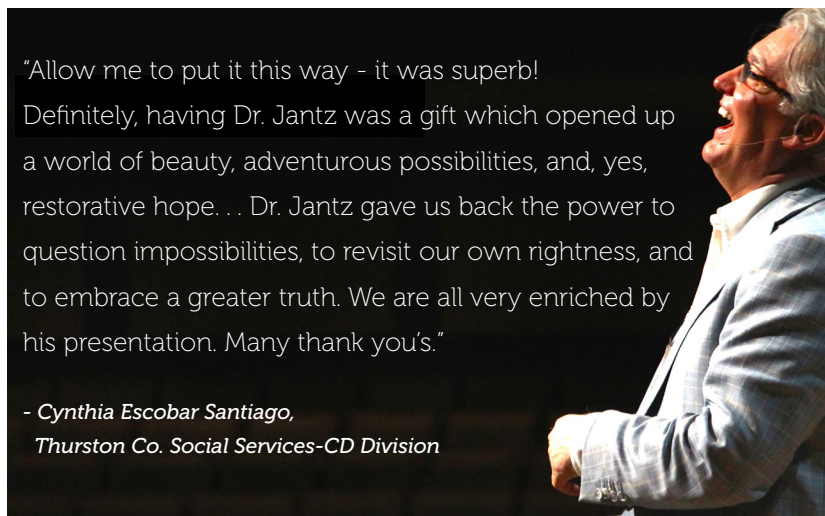
- **Drew Chukitus, Executive Administrator, Alpine Boys Ranch**

"Were you emotionally abused? Are you an abuser? Gregg Jantz will challenge your quick answers. Understanding the emotional patterns "family" powerfully crafts within us offers both an escape from the downside and a roadmap to repeating the blessings. Dr. Jantz engagingly points the way. This healing is one gift we can give ourselves and must give to our children."

- **Paul Lewis, Author of "The Five Key Habits of Smart Dads", Family University**

"As you know, Email, Facebook, Twitter, PDAS, iPhones, laptops, and cell phones dominate our world today. Dr. Jantz' recent presentation on "Hooked? Media, Technology, and Social Net-working," to our community business leaders was insightful and well-received. It was clear from watching the audience that there was immense interest in the topic and everyone left with some simple strategies to fine-tune our daily habits to reduce electronic overload to regain a healthier balanced life."

- **Sharon Love, Director, Whitfield Healthcare Foundation**



## FREQUENTLY ASKED QUESTIONS



### How do I book Dr. Jantz to speak at my event?

Please fill out this preliminary questionnaire with the information about your event, and someone will be in contact with you. You can also contact Beth Chapman to discuss your event in greater detail at [bethc@aplaceofhope.com](mailto:bethc@aplaceofhope.com) or 1-800-492-3910.

### How far in advance do I need to book Dr. Jantz for my event?

We would prefer as much notice as possible in order to secure your date and adequately prepare for your event. Please contact Beth Chapman to discuss Dr. Jantz's availability ([bethc@aplaceofhope.com](mailto:bethc@aplaceofhope.com) or 1-800-492-3910). If you have a short notice opportunity, we will do our best to accommodate your event.

### What are Dr. Jantz's speaking fees?

|            |          |
|------------|----------|
| Non Profit | \$5,000  |
| Keynote    | \$7,500  |
| Half Day   | \$8,500  |
| Full Day   | \$10,000 |

### What are Dr. Jantz's travel requirements when booked for a speaking engagement?

Dr. Jantz requires round-trip airfare, hotel accommodations, meals and ground transportation.

### What city does Dr. Jantz fly out of?

Dr. Jantz flies out of the Seattle-Tacoma International Airport (SEA).

### Is Dr. Jantz available for television and radio interviews?

Yes, Dr. Jantz frequently appears on television and participates in radio interviews. He has been featured on CNN, Fox Business News, CBS, ABC, MSNBC, Miracle Network in Canada, Oprah Radio, and the Gayle King Show among others.

### Can Dr. Jantz's books be available for purchase at my event?

Yes, we can ship books to your event. We will also work with you to provide a special book discount for people attending your event.

### Is Dr. Jantz available for book signings?

Yes, Dr. Jantz enjoys connecting with the audience after his speaking event and is available to autograph copies of his books.

### Can Dr. Jantz run workshops or interactive presentations?

Yes, in addition to keynote speaking events, Dr. Jantz is available to participate in panel discussions and lead engaging workshops to help the audience delve deeper into his areas of expertise.

### What topics does Dr. Jantz usually speak about?

Dr. Jantz covers a wide range of psychology and mental health topics. He is a thought-leader and expert on the following topics:

- Whole-Person Care in Addiction
- The Art of Raising Young Boys
- How to De-Stress Your Life
- Restoring Marital Relationships
- Sex, Love and Relationship Addiction: Breaking the Cycle
- Hooked – The Pitfalls of Media, Technology and Social Networking
- Re-Energizing Workplace Productivity
- The Power Within to Overcome Depression and Anxiety
- Freedom From Disordered Eating

### Can Dr. Jantz customize his presentation to fit the needs of our event?

Yes, Dr. Jantz frequently adapts his speeches and workshops to fit your specific needs. We work with you to tailor a message that will positively impact and resonate with your audience.

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## FREQUENTLY ASKED QUESTIONS



### Can we film Dr. Jantz speaking and have access to his presentation slides after the event?

Yes, Dr. Jantz can be filmed speaking at your event. When applicable, we request a copy of all photography of Dr. Jantz for our records and use. Dr. Jantz is also willing to provide a copy of his presentation to all interested audience members.

### What is Dr. Jantz's cancellation policy?

Dr. Jantz requires two weeks cancellation notice prior to the scheduled event. If the event is cancelled outside of these two weeks, Dr. Jantz will only charge for non-refundable, incurred travel costs.

### What is Dr. Jantz's speaking style and approach?

Dr. Jantz provides a voice of hope. His sensitive, humorous, authoritative, and down-to-earth style informs and inspires. His life-affirming message gives individuals and corporate clients a changed perspective and the tools to fine-tune today's most challenging issues. Gregory Jantz is that rare presenter who keeps his audience spell-bound, speaking with the effortless grace of a true healer, and the warmth, wit, and wisdom of a natural-born storyteller.

### How does Dr. Jantz's approach and expertise differ from other psychologists?

Dr. Jantz pioneered whole-person care, which treats the entire person. All aspects of one's life are addressed – physical, mental, emotional, nutritional, fitness, spiritual – to enable complete healing for the mind, body and spirit. Whole-person care results in a deeper, longer-lasting and more complete recovery.

### What is "whole-person care?"

Dr. Jantz is a pioneer and champion of the "whole-person" treatment approach. He believes that every human being is a constellation of emotional, physical, intellectual, relational, and spiritual dimensions operating within the context of circumstance. By addressing and engaging each element, the entire person can emerge as a whole and healed human being.

### Where can I learn more about Dr. Jantz and see his work?

In addition to his [personal website](#), Dr. Jantz is the founder of [The Center • A Place of HOPE](#). He is a [best-selling author of 37 books](#), and frequently writes for [Psychology Today](#). Dr. Jantz also has an active [YouTube channel](#) that archives his past television and speaking engagements, and hosts a weekly radio show on [Life, Love & Family with Dr. Tim Clinton](#).

### Where is The Center • A Place of HOPE located?

The Center • A Place of HOPE is located in the town of Edmonds, Washington, which is a short 20 minute drive north of Seattle.

### What types of issues does The Center • A Place of HOPE treat?

The Center • A Place of HOPE—recently recognized as the Top Ten Facility in the United States for the Treatment of Depression—is a highly-regarded mental health and chemical dependency treatment facility that focuses on issues of depression, emotional abuse, eating disorders, weight loss, burnout, and sexual boundaries.

### If I have any questions, who should I contact?

To learn more about Dr. Jantz or to discuss your speaking opportunity in greater detail, please contact Beth Chapman at [bethc@aplaceofhope.com](mailto:bethc@aplaceofhope.com) or 1-800-492-3910.

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## MEDIAL CONTACTS AND OPPORTUNITIES



For speaking engagements and media inquiries,  
please contact:

Beth Chapman  
[bethc@aplaceofhope.com](mailto:bethc@aplaceofhope.com)  
1.800.492.3910

### Media opportunities available for:

Radio interviews  
Television interviews on topical issues  
Television specials on eating and behavioral disorders  
Keynote speaker at conferences  
Host of conference events  
Breakout session presenter

You can visit Dr. Jantz online at:

[drgregoryjantz.com](http://drgregoryjantz.com)



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