

Gregory  
Dr. Jantz



Dr. Jantz Creates Hope & Possibility  
Mental Health Expert & Best-Selling Author



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A teal-tinted image of Dr. Gregory Jantz smiling, with his name and title visible in the background.

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A green-tinted image showing several books by Dr. Jantz, including 'How to Heal Your Life' and 'Healing Depression for Life'.

**Best-Selling  
Author**

An orange-tinted image of Dr. Jantz speaking at a podium, gesturing with his hands.

**Renowned  
Speaker**

A yellow-tinted image of four people smiling and standing together, likely attendees or colleagues.

**Testimonials**

A blue-tinted image of a hand holding a book titled 'Healing Depression for Life' by Gregory Jantz.

**FAQs**

An orange-tinted image of Dr. Jantz wearing headphones, likely recording a podcast or audio message.

**Contact  
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“  
His enthusiasm  
and presence is  
compelling on  
stage and off.

”

**BLAKE CALDWELL**

*Director, Northwest Ministry Conference*

A decorative graphic at the bottom right of the page consisting of two curved, overlapping lines, one green and one orange.

# ABOUT Dr. Gregory Jantz

## Visionary.

Over 40 years ago, Dr. Gregory Jantz, **pioneered Whole Person Care**. Recognized as a world leader in holistic treatment, Dr. Jantz continues to identify cutting edge treatment for people struggling with depression, anxiety, PTSD, trauma, relationships, eating disorders, and more.



## Thought Leader.

Dr. Jantz is the author of over **45 best-selling books**, host of the national Hope & Possibility podcast, and a regular contributor to Psychology Today. As a leading authority on mental and behavioral health, Dr. Jantz appears regularly on ABC, CBS, NBC, CNBC, Fox, and CNN.

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# ABOUT Dr. Gregory Jantz

## 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**. 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.



REUTERS®



FamilyCircle.



NEW YORK POST



YAHOO!  
NEWS



DAILY  
Mirror

NEWSMAX



THE EPOCH TIMES

INTERVENTION

ABOUT DR. JANTZ

BEST-SELLING AUTHOR

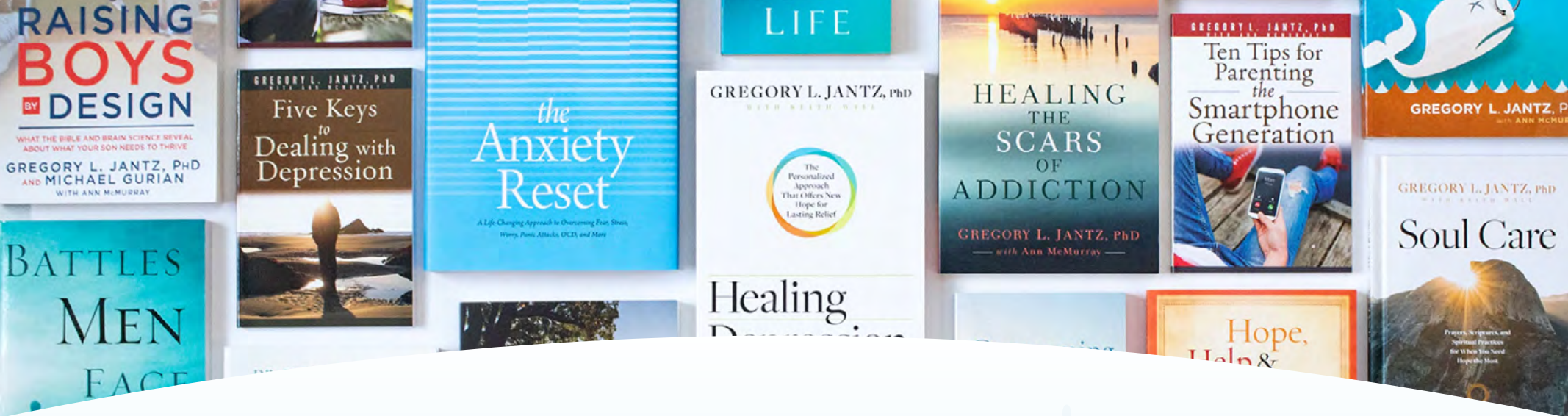
RENOWNED SPEAKER

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## BEST-SELLING Author

Dr. Jantz is a best-selling author of over 45 books, including his groundbreaking books *Healing Depression For Life* and *The Anxiety Reset*. He is a go-to media source expert for a range of behavioral-based afflictions, as well as drug and alcohol addictions.

### BOOKS BY TOPIC



ABUSE



ADDICTION



ANXIETY



DEPRESSION



PARENTING



RELATIONSHIPS



STRESS

### BLOGS

THE CENTER • A PLACE OF HOPE

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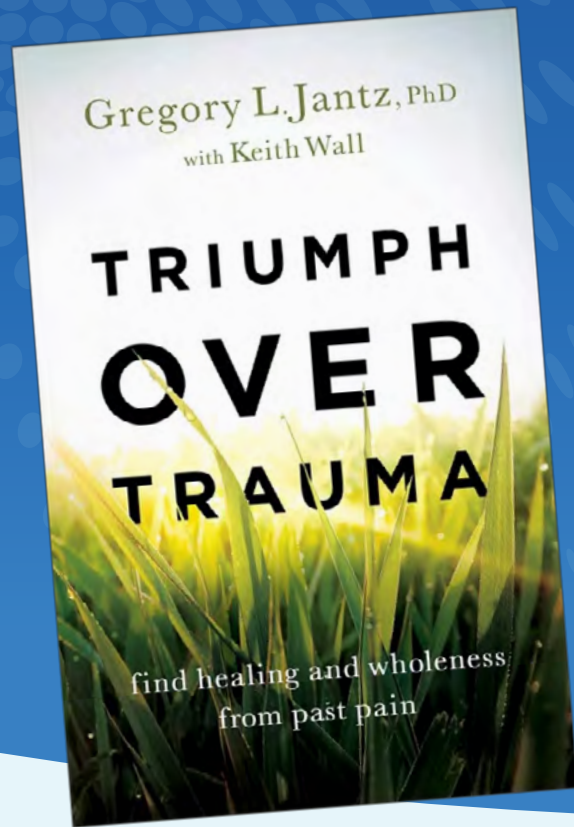
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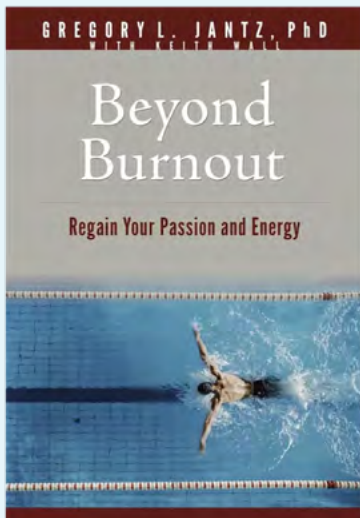
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## New Releases!

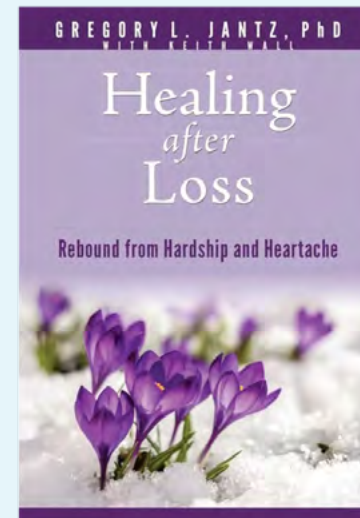
***Triumph Over Trauma*** explains how trauma affects your emotions, body, brain, relationships, soul, and dreams. Then it shows you how to create a personalized plan to find your way back to wholeness, joy, and peace.

[LEARN MORE](#)



***Beyond Burnout*** features real-life stories and practical strategies for navigating the path to recovery from burnout.

[LEARN MORE](#)



***Healing After Loss*** includes important strategies for soul-care as you work through loss.

[LEARN MORE](#)

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# Mini Books

These short-read mini-books are packed with powerful and useful content on depression, anxiety, stress, toxic people, and much more. Dr. Jantz dives into challenging topics of modern society, and provides solutions readers are seeking.

MINI BOOKS



ABUSE

Where it's physical, emotional, or sexual, abuse can leave lasting effects for a lifetime. Overcoming the scars of abuse are essential to regaining balance and happiness. Dr. Jantz provides tools for hope and recovery.

ABUSE BOOKS



ADDICTION

Left unaddressed, addiction devastates lives. Dr. Jantz offers a holistic approach to healing addictions such as gambling, pornography, technology, prescription medication and more.

ADDICTION BOOKS

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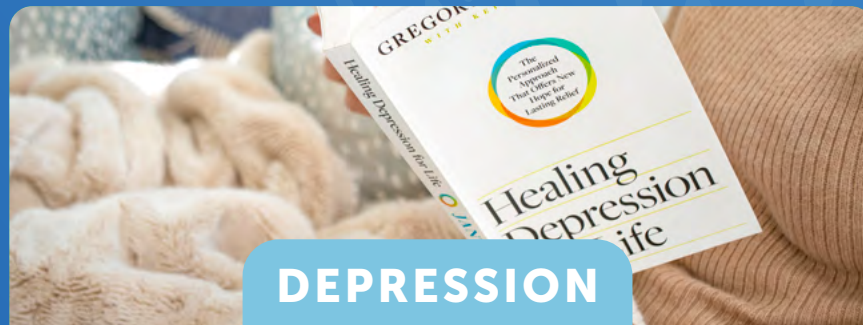
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## ANXIETY

Combining the most up-to-date scientific research and practical strategies, Dr. Jantz offers a fresh and personalized plan for overcoming anxiety so you can find peace and happiness.

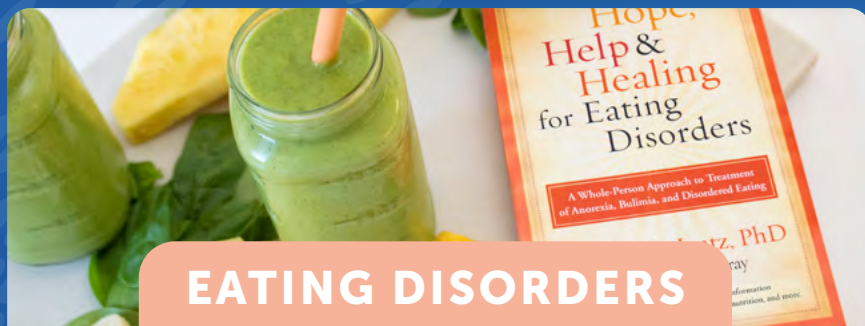
**ANXIETY BOOKS**



## DEPRESSION

As the founder of a Top 10 Treatment Center for Depression, Dr. Jantz reveals the causes of depression, along with the tools and lifestyle changes that provide lasting relief and recovery.

**DEPRESSION BOOKS**



## EATING DISORDERS

Disordered eating impacts all facets of life. Anorexia is the most lethal of mental health challenges. As a leading eating disorder specialist, Dr. Jantz provides unique therapeutic experience and proven treatment techniques.

**EATING DISORDERS BOOKS**



## PARENTING

Parenting is one of life's gifts, but can also be incredibly difficult. In today's world of social media, online bullying and technology addiction, raising children well has never been more challenging. Dr. Jantz provides tools to help.

**PARENTING BOOKS**

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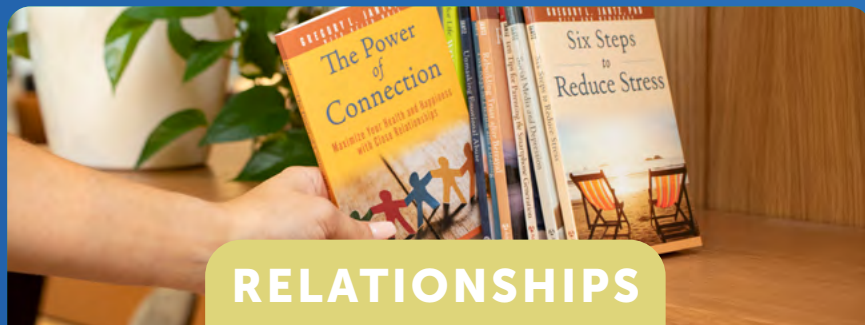
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## RELATIONSHIPS

Relationships are essential to not just functioning well with others, but actually enjoying and thriving in life. So why are they often so challenging? Dr. Jantz provides both answers and tools to help.

**RELATIONSHIPS BOOKS**



## SELF CARE

Self care involves not just personal hygiene, fitness, diet, and sleep. It includes our attitude, ability to resolve difficult issues, and avoid stressful situations. Dr. Jantz helps us understand why we struggle, and how to improve.

**SELF CARE BOOKS**



## STRESS

Stress not only affects relationships and job performance, it can seriously impact your health. Being able to handle – and avoid – stressful situations is one of life's challenges. Managing stress can dramatically improve quality of life.

**STRESS BOOKS**



## SUICIDE

Suicide is the nation's tenth leading cause of death. Dr Jantz shares signs and symptoms, causes, and how to intervene if you suspect a friend or loved one is considering suicide.

**SUICIDE BOOKS**

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# RENOWNED Speaker

Dr. Jantz's captivating speaking style enables each listener to relate to the most challenging situations of our day. In doing so, listeners gain tools and techniques to gain perspective, hope, and happiness.

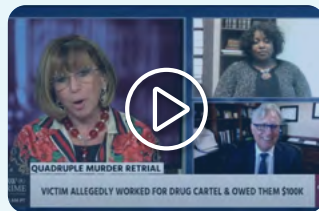
- Overcoming Anxiety & Depression
- Parenting in the Smartphone Era
- Recovering From Eating Disorders
- Strengthening Relationships
- Living Calm & Stress-Free
- Helping Prevent Suicides



**Stress in America**  
*CNBC with Shep Smith*



**Election Anxiety**  
*Headline News with Lynn Smith*



**Mental Health**  
*Law & Crime*



**Healing Depression for Life**  
*America Trends TV*



**The Problem With Binge Watching**  
*Seattle New Day Program*



**Anxiety, Addiction, Treatment**  
*NewsNation with Elizabeth Vargas*



with Dr. Gregory Jantz

Dr. Jantz discusses deep and meaningful topics about today's most prevalent mental health challenges - anxiety, depression, eating disorders, PTSD, and more.



**#47 – Dr. Jantz  
Discusses Stress and  
Burnout**

LISTEN NOW

ABOUT DR. JANTZ

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# CHERISHED Testimonials

“

Every weekend I run into men who share that they need help. They are exhausted, burned out and feel their life is out of control. They ask if there is a place they can go to get help. I tell them about Dr. Jantz and his remarkable life's work as Founder of The Center • A Place of HOPE. He has built an amazing team of mental health professionals that is transforming lives and giving people HOPE.

”



**DR. TIM CLINTON**

*President of the American Association of Christian Counselors (AACC)*

“

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*

“

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*

“

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 Networking,” 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:

- Finding Peace in the Age of Anxiety
- The Power Within to Overcome Depression
- Whole-Person Care in Addiction
- The Art of Raising Young Boys
- How to De-Stress Your Life
- Restoring Marital Relationships
- Hooked – The Pitfalls of Media, Technology and Social Networking
- Re-Energizing Workplace Productivity
- 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.

## 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 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.

## 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.

## 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 40 books](#), and frequently writes for [Psychology Today](#). Dr. Jantz also has an active [YouTube channel](#) that archives his past television and speaking engagements.

## 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.





**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

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

