

Biography for
GREGORY L. JANTZ, PH.D.
Author of Hope, Health, and Healing



Gregory L. Jantz, PhD



Dr. Gregory Jantz is an internationally recognized bestselling author of 26 books and mental health expert. Dr. Jantz is the Founder of The Center for Counseling and Health Resources, Inc., known as "A Place of Hope," a leading healthcare facility based in Seattle. The treatment center offers therapy programs for individuals, teens, families, even celebrities, who struggle with addiction, stress, abuse, depression, PTSD, weight loss, unhealthy body image, relationship problems and more.

Gregory Jantz is a regular media contributor and lends his expertise to top news outlets around the world. Dr. Jantz and The Center have been featured on CNN Headline News, CBS, The Dr. Phil Show, The 700 Club, and in The Associated Press, Reuters, Forbes, MSNBC.com, ABC.com, NPR.com, New York Post, Yahoo News, USA Today, Family Circle and Woman's Day among others. He is a regular relationship

guest for New Day Northwest in Seattle, and also hosts a weekly live radio program on KCIS 6:30 a.m.

Addiction Therapy:

Dr. Gregory Jantz is a Certified Chemical Dependency Counselor and Addiction Therapist with over 27 years of experience in treating addiction cases. His treatment center specializes in treating patients who have developed addiction to drugs, alcohol, food, gambling and even social media. Gregory can comment on all aspects of the disease including signs, symptoms and recovery. He is the author of *Turning the Tables on Gambling* and *Hidden Dangers of the Internet*.

Relationships & Parenting

Dr. Jantz is a Licensed Mental Health Counselor who regularly works with individuals, couples and families on relationship building and conflict reduction. He also works with parents and children of all ages counseling on communication strategies, strengthening family bonds and raising healthy kids. He is the author of several relationship and parenting books including, *Healthy Habits, Healthy Kids: A Practical Plan to Help Your Family* and *The Molding of a Champion: Helping Your Child Shape a Winning Destiny*.



Eating Disorders & Weight Loss

The Center For Counseling, "A Place of Hope," has been treating eating disorders for over 27 years. As a certified eating disorder specialist, Dr. Jantz, can address issues involving anorexia, bulimia, food addiction, body image and binge eating. He can discuss the medical, physical, psychological, emotional, nutritional, and spiritual factors of eating disorder recovery and weight loss issues. Dr. Jantz is the author of *Hope, Help & Healing for Eating Disorders*, *21 Days To Better Eating*, *Living Beyond Food*, *Thin Over 40: The Simple 12-Week Plan* and others.

Stress, Depression, Grief, PTSD, Abuse and more

Dr. Gregory Jantz PhD, specializes in emotional counseling, depression, stress disorders and grief recovery. He is a go-to media source for commentary on national as well as international traumatic events in the news. He regularly works with patients afflicted with PTSD and other stress related illnesses. Dr. Jantz is the Author of several mental health books including, *Healing the Scars of Emotional Abuse*, *How to De-Stress Your Life*, *Happy for the Rest of Your Life*, and *Moving Beyond Depression: A Whole-Person Approach to Healing*.