

Bio

Janet Lee Whitney, MA, LMFT has been a licensed psychotherapist, since 1982. She is the author of the book and program entitled Facing Your Fears and Following Your Dreams. Her specialties include, improving relationships, treating anxiety and depression, treating eating disorders and sexual addiction, helping families with troubled youth and teens, providing vocational guidance, and using positive psychology to help individuals discover and grow their own personal strengths.

Having personally trained with John Gray, the author of Men are From Mars, Women are From Venus, Janet led couples and singles groups for over 10 years, based on John Gray's work. Helping couples understand one another and accept the differences is an exciting process. Improving and clarifying communication skills gives couples such a better opportunity to have a meaningful and deep connection.

The Facing Your Fears program is being used by therapists across the country. Groups and individuals can increase their success in all areas of their lives by uncovering and changing the ways they are self-sabotaging their dreams and their purpose for being on this planet. Using the principles in The Facing Your Fears program, along with the Law of Attraction, individuals have been witnessing the transformation of their lives and finding new pathways to happiness and fulfillment.

With the use of positive psychology, Janet helps individuals, couples and groups discover their innate strengths and unique gifts and talents that lend themselves towards successful careers, family life and enjoyment of all that life has to offer.

Having been part owner in a sexual addiction program and director of an eating disorder program, Janet works with individuals, couples and families in any addiction arena. The expertise in treating food, substance or sexual addiction allows individuals and families to recover from an addiction to return to a full and rewarding life.

Janet has been using guided meditation, narrative therapy, goal setting and motivational psychology in her work with groups and individuals.

In her personal life, Janet has walked the 500 mile Camino alone, in Spain, climbed Half Dome twice, climbed Mt Whitney, run marathons, completed triathlons and traveled to many countries with her 3 kids. All 3 kids have bungee jumped off the cliffs in Costa Rica, and Janet and her 2 oldest children and parachute jumped out of airplanes. They live their lives as an example of how to Face Your Fears.