


JENNICE VILHAUER, PhD

PSYCHOLOGIST | AUTHOR | SPEAKER



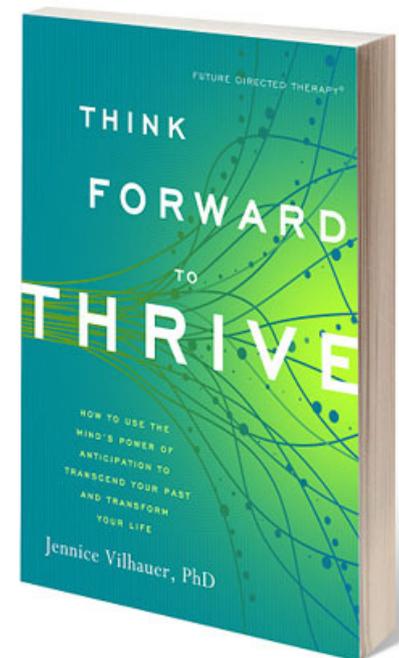
ABOUT ME

Dr. Vilhauer is an award winning psychologist with over 15 years of experience helping people re-vision their futures and change their lives. She has held academic and leadership roles in numerous prestigious institutions including, Columbia University, Emory Healthcare, Cedars-Sinai Medical Center and UCLA. She is the developer of Future Directed Therapy and the Author of **Think Forward to Thrive: How to Use the Mind's Power of Anticipation to Transcend Your Past and Transform Your Life.**

THE BOOK

Think Forward to Thrive is the first psychology book to present the paradigm shifting idea that your past does not define who you are or where you are going, but rather it is how you think about the future that determines the course of your life. Most people, unaware of how to change the future, are trapped in a cycle of recreating their past over and over again. However, you can break free, but only if you know how and have the necessary skills to do something different.

Unlike other books about creating a better future, the skills in Think Forward to Thrive, are based on cutting edge cognitive science and are presented in a step-by-step way to help you transform your life.



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THE BLOG

Living Forward: The Path to Recovery and Wellness

Dr. Vilhauer is a featured expert writing for Psychology Today since 2014. She brings her expertise in understanding how people think to cover topics on mental well-being, self-development, and relationships.

15 million views

PsychologyToday

SPEAKING

Dr. Vilhauer is an engaging and thought provoking speaker, and she is available for corporate and business events. Her talks are highly relatable and focus on giving people insight into their own behavior while providing immediate tools for change. Recent talks have been given at:

- Accenture
- Korn-Ferry
- Tedx-Peachtree
- The UCLA Alumni Center
- Aerojet Rocketdyne
- The University of Kentucky
- Cedars-Sinai Medical Center



CONNECT



INTERVIEWS

Dr. Vilhauer is available for commentary and interviews on a wide range of topics regarding mental health and well-being. She has been featured in elite publication such as:

- CBS NEWS
- The Washington Post
- U.S. World News
- The New York Times