



# Janet Doucette

*Psychotherapist, Consultant, Speaker*

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**Janet Doucette, MA, LMHC** is a licensed psychotherapist and behavioral medicine specialist with more than twenty years of experience in the integrative fields of mind body medicine, biofeedback and Buddhist or mindfulness based psychotherapy. She provides integrative wellness services for individuals and groups, locally in the Berkshires, and at distance using tele-counseling technology and her interactive website. Through her work at Canyon Ranch and her private consulting company, Mindstream Biofeedback and Consulting, she has helped many people develop a deeper sense of well-being, improved physical, emotional and spiritual health.

## Social Media Presence

**Twitter:** @JanetDoucette

**LinkedIn** Pulse: Blog

**iTunes** Podcasting on Health Channel

**Facebook:** Mindstream Biofeedback & Consulting

**Eventbrite**

[www.mindstreaming.net](http://www.mindstreaming.net)

“ *Janet is an insightful speaker and skilled teacher, who inspires, energizes, enlightens, and empowers her audiences...* ”

## Workshops, Seminars, Training & Continuing Education

Janet's seminars and workshops are dynamic multi-media presentations, which combine illuminating case studies with music, visualizations and live biofeedback demonstrations all of which enhance group learning. She teaches cutting edge techniques from the fields of mind body medicine, integrative approaches, mindfulness and contemplative therapies.

An expert in the field of stress resiliency, Janet combines a comprehensive knowledge of her subject matter with skillfully placed humor and a highly paced delivery that flows seamlessly. She excels at experiential group participation.

Janet presents on a variety of topics ranging from the advanced use of biofeedback for personal development, stress resiliency and effective lifestyle changes to the science and practice of meditation.

Her workshops are designed to qualify for continuing education credits for healthcare professionals.

## Speaking & Lectures

Janet speaks on a number of topics including managing stress in the workplace, developing intentional insight, strengths based leadership and career development.

She specializes in presenting on self-care for medical and psychotherapy professions.

In her capacity as a lecturer, life management therapist, workshop leader and meditation instructor for Canyon Ranch, Janet has worked with corporate executives, managers, and business professionals from around the world. She brings a high level of integrity and expertise to her lectures and workshop events.

## **Featured Speaker**

Canyon Ranch

New England Society of  
Children's Writers and  
Illustrators

Excel Switching

Care.com

WOMR National Public Radio

Diabetes Sisters Conference

Diabetes Retreat Leader

Berkshire Community College

Cape Cod Community College

University of Maine, Portland

University of Connecticut,  
Hartford

Cape Cod Hospital

Falmouth Hospital

Harvard Vanguard Medical  
Associates: Women's Health  
Conference

Cape Cod Healing Arts Expo

## **Publications**

Seeing Tranquility (in process)  
The Stress Relief Training Guide  
Guided Imagery Vol I, II, III  
Healing Experience of Near  
Death  
Biofeedback 101  
Heart Rate Variability  
Biofeedback Training Guide

## **Audio CDs**

Mindful Awareness  
Tranquility Meditations  
Inner Refuge  
Mindstream Meditations  
Downloadable imagery

## **The Forest Pond On-line Meditation Program**

These meditation classes are live on the Cloud using WebEx, the meeting room technology from Cisco Systems. The Forest Pond Meditations Series consist of weekly classes with access to Mindful Technology's online manuals and downloadable meditation audio mp3s. They include downloadable training sessions for later use or for those who miss the on-line class.

## **What People Are Saying...**

*"Janet combines intelligence, creativity, and articulate presentation to affect an experience worth sharing."*

**Louise DeSantis Deutsch Professor**

*Janet is a highly intelligent, sensitive practitioner with a tremendous scope of knowledge and a passionate determination to help others. I recommend Janet wholeheartedly as a coach, practitioner, or speaker for your organization.*

**Dr. Ingrid Schweiger, Psychologist**

*"Janet thoroughly explains complex topics for both professional and non-professional participants."*

**Mind Body Wellness Conference Attendee**

*"Excellent speaker! I really enjoyed the opportunity to practice the techniques I saw in the presentation."*

**Training Participant**

*"Janet's presentation style is a delightful combination of humor and authority."*

**Lecture Attendee**

*"Janet has the uncanny ability to get to the heart of the matter quickly and effectively. She provides valuable insights and practical solutions."*

**Executive Coaching Client**

*Professional Training Series*

*Associations & Corporations*

*Large and small group formats*

*Retreats*

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## ***Current Topics***

Mindfulness and Tranquility  
Meditation Practice

Integrating Buddhist Psychology  
with Clinical Practice

Mind Body & Integrative  
Medicine for improving Stress  
Related Illnesses

The Science of Meditation

Biofeedback for Personal  
Development

Self Care for Healthcare  
Professionals

Effective Stress Solutions for  
the Workplace

Using Mind Body Techniques  
for Managing the Stress of  
Living with Diabetes

Building Executive Stress  
Resilience

Developing Intentional Insight

Strength Based Leadership &  
Career Development