



“I’m still sorta processing how helpful (my first) session was and how much I’m looking forward to the next!

I’ve been so “therapy resistant” my whole life, and this sincerely changed my whole perspective on what it is and how it helps.

Kristina, thank you for making me feel safe and at peace with sharing things that I’m rather hesitant to... You make this so easy and comfortable.

You have a wonderfully calming and accepting spirit and it helps me open up and work through all this so much easier. 😊😊😊

Thank you again!!!”

—Nathan Gray, *The Iron Roses (Vocals)*
Survivor + TPRT Client 2023*

*Client testimony used ONLY with explicit permission from this client.

The Punk Rock Therapist