



"I have absolutely loved my sessions with Kristina, she has a rare gift of deep insight and understanding. I've only started working with TPRT a few weeks ago and hopefully it will continue well into the new year..."

TPRT occupies a unique space in the therapy landscape : not only is it incredibly healing to talk with Kristina, but she offers actual real-world help to those who need it.

She understands the issues survivors face, and gives tangible, practical solutions to stand up to predators and the systems enabling them. She allowed me to explore my options in seeking accountability and has been by my side while I'm discovering which route to go down.

Her work combines the empathy and kindness of a healing therapist, and the grit and advocacy of an activist. We need more people in the world like (Kristina)."

—Anonymous, TPRT Client 2023

The Punk Rock Therapist