

CHRISTINA STEINORTH-POWELL, M.A., MFT

908 Audelia Road, Suite 200-131

Richardson, TX 75081

972-850-9222

805-320-6624

Email: SteinorthC@gmail.com

www.christinasteinorth.com

TEXAS LICENSE NUMBER: 202101

California License Number: MFC37415

CLINICAL EXPERIENCE

January 2001 to Present: PRIVATE PRACTICE PSYCHOTHERAPIST

I evaluate and treat individuals, couples and families with a variety of interpersonal issues with a cognitive-behavioral, solution focused orientation. My specialties include relationship issues, mood disorders, life transition issues, and the treatment of the adolescent and geriatric population.

August 1995 to May 1999: PRIVATE PRACTICE

Position: Intern

I conducted psychotherapy with individuals, couples and families under the supervision of a licensed clinical Psychologist. I completed more than 3000 hours toward my licensure, concluded my internship and relocated to another county due to marriage.

June 1996 to October 1999: MAGNOLIA GARDENS CONVALESCENT HOSPITAL

Position: Director of Social Services

I conducted initial and quarterly psychosocial assessments and formulated discharge plans for all the patients admitted to our 99-bed skilled nursing facility. Additionally, I acted as a liaison between families and community resources, counseled families who experienced difficulty with life transitions and screened residents for suitability to receive psychiatric services.

BOOKS

Cue Cards for Life: Thoughtful Tips for Better Relationships (Book)

Hunter House Publishers, Inc.

Eight book contract

Published in 2013

Winner: First place 2013 Pinnacle Book Award Self-help Category

RECENT MEDIA COVERAGE

Over 500 Print and Radio appearances that include The Wall Street Journal, USA Today, Glamour Magazine, Woman's Day Magazine, PBS, NPR, Playboy Magazine, Fox News Radio, CBS News, NBC News, WEtv, The Huffington Post as well as many, many more. (full list available upon request)

Now THIS is the Best Way to Resolve a Relationship Issue (Glamour Magazine)

Sole Featured Expert

8 New Proven Tricks to Make Your Marriage Stronger (Woman's Day Magazine)

Featured Expert

The Friendship Bank: How and Why Even the Most Giving Friend Expects Payback (The Wall Street Journal)

Sole Featured Expert

Dallas Therapist Sought Higher Education to Follow Her Dreams of Becoming a Writer (CBS)

Recent Media Coverage Continued:

Steinorth/Curriculum Vitae/Page Two

Ten Weird Tricks that Make You More Productive (Woman's Day Magazine)

Featured Expert

Afternoon Sex, Affairs Can Be Part of Life on the Road (USA Today)

Featured Expert

How to Avoid Vacation Destroying Arguments (NBC News)

Featured Expert

For a Nation of Whiners, Therapists Try Tough Love (The Wall Street Journal)

Quoted Expert

Are You Bullying Your Aging Parents? (PBS/Next Avenue)

Featured Expert

FOX News Radio 600 KCOL

Featured Expert

The John Tesh Network Radio Show

Featured Expert

The 9 Worst Mistakes Stepparents Make (Woman's Day Magazine)

Featured Expert

A Moving Concern: Transitional Trauma (The Huffington Post)

Featured Expert

Conquer Your Resolutions (Playboy Magazine)

Featured Expert

KTKK Radio Salt Lake City

InterViews & Interactions with Linda A. Strasburg

KARN Talk Radio FM102.9

The ExFactor with Andy Pearson

Help Kids Find The 'Let Me' Hidden Among The Season's 'Give Me' (Desert News Utah)

Featured Expert

Kids and Lying

Featured Expert

Tracing Family Foibles: Know your family health history. (The News Journal Delaware)

Featured Expert

Secrets to Staying Married 50 Years or More (Galtime/KDOC)

Featured Expert

Recent Media Coverage Continued:

Can Politics Ruin a Relationship? Tips for Surviving Election Season (Fox News)

Featured Expert

5 Signs You Should Call off Your Wedding (The Huffington Post)

Sole Quoted Expert

How to Care for a Sick or Aging Parent (GalTime/KDOC Los Angeles)

Sole Quoted Expert

Social Calendar in a Rut? (SheKnows)

Quoted Expert

Are You Raising a Spoiled Brat? (SheKnows)

Quoted Expert

Stop Being the Good Cop (SheKnows)

Quoted Expert

KARN 102.9 FM News Radio

Guest Expert

WNRI 1380 AM Talk Radio

Sole Expert Guest (Host John Holt)

Fighting Over Grandbaby (The Chicago Tribune)

Quoted Expert

Kobe Bryant Divorce Reconciliation: How Will it Impact the Kids? (Huffington Post)

Quoted Expert

WNRI 1380 AM Talk Radio

Host John Holt

Breaking Up Isn't Just for Lovers (Headdrama)

Quoted Expert

Mom's: Do You Have Cyber Envy? (SheKnows)

Quoted Expert

WNRI 1380 AM Talk Radio Rhode Island

Sole Expert Guest (Host John Holt)

Build a Friendship Big Enough for an Empty Nest (Focus on the Family Magazine Canada)

Quoted Expert

Could Neglecting Your Wife on Mother's Day Lead to Infidelity? (Huffington Post)

Quoted Expert

Declutter Your Life (Woman's Day Magazine)

Quoted Expert

Recent Media Coverage Continued:

Power Women Radio Show

Sole guest for hour program

Army Wife Network Talk Radio

AWN

KTKK Radio Salt Lake City

InterViews & Interactions with Linda A. Strasburg

Top Ten Interesting Facts About Women (AskMen)

Quoted Expert

Not in the Mood? How to Get Your Groove Back! (WebMD)

Quoted Expert

Are You Ready to Get Married? (Canadian Living Magazine)

Sole Quoted Expert

Power Women Radio Program

W4WN

The Adventures of Pipeman Morning Show

W4CY Radio

Unplugging Electronics, Eating Together Helps Children's Etiquette (Press-Enterprise)

Sole quoted expert

Do You and Your Spouse Share the Same Bed? (Lifetime Moms)

Quoted Expert

Beat The Winter Blues: Fighting Seasonal Affect Disorder (She Knows)

Quoted Expert

Top 25 New Year's Resolutions That Are Easy To Accomplish (Shape Magazine)

Quoted Expert

New Year's Resolutions For Your Marriage (She Knows)

6 Ways to Rock Your Resolutions (Made Man)

Quoted Expert

Relationship Predictions for 2012 (MSN Featured Story)

Quoted Expert

You Said What? Tips to Get Out of Trouble (USA Today Newspaper)

Lead quoted expert

Inspirational Talk With Toneal

Artists First Network

The Elusive Long Term Relationship (McClatchy-Tribune newswire 30 National Newspaper Syndication)

Sole quoted expert for article about long term relationships

Talk, be kind and put each other first, experts say (Detroit Free Press)

Sole quoted expert for article about long term relationships

The Wellness Journey Radio Program (One hour program, sole guest for the show)

Questions to Ask Before You Move in With your Boyfriend (sole quoted expert for Life2PointOh!)

E-How Family (Quoted expert for article Happy Parents=Happy Kids)

The Attitude Shift Radio Program (Panel Discussion Member)

Past Media Coverage:

Balancing Act: How Parents Can Help Teens Excel in High School an Interview with Christina Steinorth, M.A., MFT (May 2010/Samantha Carrasco)

Beyond the Gray Inspired Lives Unfolding: an Interview with Christina Steinorth, M.A., MFT

(December 2009/Erika Liodice)

Women's Journal Magazine

Guest Columnist, January 2008

Inland Empire Magazine

I wrote a monthly psychological feature column.

Highland Community News

Relationship Advice Columnist

PRESENTATIONS

Solutions Not Sorrow: What Makes Relationships Work
Simi Valley Hospital, Simi Valley, California
California

Effective Treatment Modalities for Adolescents
Department of Protective Services Simi Valley,
California

HONORS

Who's Who Sixty-Eight Edition (2014)

Who's Who Sixty-Seventh Edition (2013)

Who's Who Sixty-Sixth Edition (2012)

Who's Who Sixty-Fifth Edition (2011)

Who's Who of American Women (2011)

Who's Who Sixty-Fourth Edition (2010)

Diplomate in Professional Counseling (2009) International Academy of Behavioral Medicine, Counseling and Psychotherapy

Who's Who of American Women (1999)

Steinorth-Powell/Curriculum Vitae/Page Six

CLINICAL MEMBER OF THE FOLLOWING PROFESSIONAL ORGANIZATIONS

TEXAS ASSOCIATION OF MARRIAGE AND FAMILY THERAPISTS
DALLAS ASSOCIATION OF MARRIAGE AND FAMILY THERAPISTS
AMERICAN ASSOCIATION OF MARRIAGE AND FAMILY THERAPISTS
CALIFORNIA ASSOCIATION OF MARRIAGE AND FAMILY THERAPISTS
SANTA BARBARA ASSOCIATION OF MARRIAGE AND FAMILY THERAPISTS