

# Christina Steinorth-Powell

**Psychotherapist, Author and Relationship Expert**

## Biography

Christina Steinorth-Powell is the author of *Cue Cards for Life: Thoughtful Tips for Better Relationships*. She is a Licensed Psychotherapist in Private Practice and a Board Certified Diplomate of professional counseling (IAMBACP). With an office in Dallas, Texas, she is one of the very few therapists in the United States Licensed to practice psychotherapy in not one, but two states (Texas and California). In addition, she holds a Master's Degree in Marriage and Family Therapy and graduated in the top three of her class from the fully accredited Phillips Graduate Institute of California.

As a sought after relationship expert, Christina appears regularly in the media. She is a popular and frequent radio guest and has been a featured relationship expert on Fox News Radio, CBS News Radio, CNN, The John Tesh Network, KARN, WNRI, KTALK, as well as countless other web and podcasts. In print, her advice is often quoted in national, regional and international magazines and newspapers such as The Wall Street Journal, USA Today, Woman's Day magazine, Glamour Magazine, Ladies Home Journal, The Huffington Post, Shape, Playboy, Celebrity Parent, Canadian Living and Inland Empire Magazine. Online, Christina's advice and insights have appeared on numerous websites including WebMD, Askmen, SheKnows, Lifetime Moms and Made Men.

When Christina isn't writing or working with clients, she enjoys boating, bicycling, hiking, cooking, creating mosaic art and most of all, spending time with her husband, renowned bassist, Russell Powell. One of her most passionate causes in life is helping those in less-than-fortunate situations and when time permits, she travels to volunteer in orphanages in Mexico. Another passion of hers is helping stray and abandoned dogs--you will often find her visiting and volunteering at her local Basset Hound Rescue. An avid traveler, Christina enjoys learning of other cultures and visiting distant lands. At home in Dallas, Texas, Christina and her husband share their residence with their pudgy black Pug, Sigmund, and their Basset Hound, Winston.