CONTRARY TO POPULAR MYTH, TIME DOES NOT HEAL ALL WOUNDS. "MOVING FORWARD" REQUIRES ACTION. KRISTI’S ACTION-ORIENTED GRIEF RECOVERY PROGRAM HAS HELPED COUNTELESS HEARTS RECOVER FROM LOSS IN A HEALTHY AND HEALING WAY.

THROUGH HER GRIEF COUNSELING, PUBLIC SPEAKING, PODCASTS AND BOOKS, KRISTI IS HELPING PEOPLE COPE WITH LOSS, ADDRESS MENTAL HEALTH ISSUES AND LIVE HAPPIER, MORE FULFILLED LIVES.

GRIEF COUNSELING - HEALING HEARTS GRIEF RECOVERY
Grief is not the enemy; grief is the teacher. Kristi’s therapeutic, action-oriented grief counseling sessions offer the guidance one needs to address their pain and move forward in a healthy and fulfilled way.

THE TEEN PROJECT - VERA’S HOUSE GRIEF SPECIALIST for human sex trafficking survivors. The Teen Project is a parent to the parentless providing young women without resources with a chance at life.

GRIEF & LOSS SPECIALIST FOR SOUTH COAST BEHAVIORAL HEALTH
For addicts in recovery, South Coast Behavioral Health is a full spectrum treatment community comprised of clinically supervised Residential Sub Acute Detox Services, therapeutic and PHD level Residential Treatment Centers.

PUBLIC SPEAKER & MENTAL HEALTH EXPERT
Kristi’s expertise in all aspects of health – physical, mental and emotional – have made her an in-demand speaker for both adults and teens. Addressing topics ranging from grief recovery to mental health and suicide, Kristi offers her audience guidance that is hopeful, actionable and emotionally fulfilling. Kristi frequently speaks to high schools and organizations about issues teens face today, including depression, self-harm, bullying, LGBTQ issues, substance abuse, peer pressure and suicide.

- Susan Samueli Center for Integrative Medicine | Women’s Wellness Day
- CSJOA 69th Annual Training | California State Juvenile Officers Association
- San Clemente High School | Dana Hills High School | Loyola High School
- Because I Love You (BILY) Organization
BOOKS

*What I Wish I'd Known: Finding Your Way Through the Tunnel of Grief*

In the wake of her husband’s suicide, Kristi felt her life go off the rails. In this book, Kristi outlines her path to healing— one that touches every aspect of health, from how you eat and sleep to your relationships with others.

“Grief is painful. And it’s personal. How does one pick their way through the path of grief to be healed and find joy again? Our instinct is to withdraw as the pain overwhelms us. Kristi Hugstad, confronted with an enormous loss, ultimately emerged from the darkness to compose a memoir that not only illuminates, but also provides a comforting guide to finding one’s way back from the depths of despair.”

—Maurice Possley, Pulitzer Prize winning Journalist and New York Times Best-Selling Author

*Beneath the Surface: A Teen’s Guide to Reaching Out When You or a Friend is in Crisis*

In the most picture-perfect life, confusion and turmoil and are often lurking beneath the surface.

Beneath the Surface, speaks candidly to teens about depression, suicide and the issues they face every day. Suicide is the second-leading cause of death in young people aged 10 to 24, and the vast majority of suicides are completed by people struggling with depression or other mental illnesses.

The issues covered, including depression, eating disorders, PTSD, anxiety, and substance abuse, are accompanied by the stories of real teens who have experienced and come through these challenges. Testimonials from teens who have been depressed, attempted suicide, and survived highlight ways that kids can recognize danger signs in their own lives, help a friend in trouble, and find nonjudgmental, empathic help.

PODCAST & ARTICLES

As a Certified Grief Recovery Specialist, trained in all forms of loss including loss of career, relationships, death, with special emphasis on issues related to suicide, began facilitating grief recovery workshops for groups and individual therapy. She has quickly become an in-demand public speaker and expert about suicide prevention and grief for media, schools, and civic groups throughout Southern California. Kristi’s writing has appeared in a number of newspapers and media outlets and is a regular contributor to Huffington Post and the Elephant Journal. She has a robust social media presence on Facebook and twitter, where she has more than 22,000 followers combined.