



Kristin Snowden, LMFT - Sex & Love Addiction Specialist

Kristin Minto Snowden, MA, LMFT is a licensed therapist in California specializing in addiction recovery and helping clients heal from trauma, loss, and infidelity, along with other relationship challenges. Kristin is a Certified Daring Way Facilitator (A shame resiliency model based on Dr. Brené Brown's groundbreaking research). She runs a private practice at Westlake Village Counseling and Trauma Center and is an adjunct therapist at Avalon Malibu, a treatment center for substance abuse and mental health disorders.

She previously worked with Dr. Rob Weiss in developing and running the first treatment center for men who struggle with substance abuse and sex addiction (The Substance Abuse and Intimacy Disorders Program at Promises Malibu). Kristin received an honors undergraduate degree from the University of Southern California and a Master's degree from Chapman University.

Kristin is also a regular webinar and blog contributor for SexandRelationshipHealing.com