

Kristin Christopher, M.S., LMHC, CPDT-KA, CCFP: Advancing Integrative Mental Health And Behavioral Science Education

Licensed Mental Health Counselor, Educator, and Behavior Specialist Blends Clinical Therapy, Neurodivergent-Informed Care, and Animal Behavior Expertise to Support Lifelong Transformation



Saint Augustine, Florida Jun 4, 2026 ([IssueWire.com](https://www.IssueWire.com)) - Kristin Christopher, M.S., LMHC, CPDT-KA, CCFP, is a dedicated mental health professional, educator, and behavior specialist committed to guiding individuals, families, and organizations toward healthier behaviors, stronger relationships, and

meaningful life change. Her work is grounded in a mission to help clients find “Sea Hope through Waves of Change,” integrating clinical insight, behavioral science, and compassionate, individualized support.

Kristin holds a Bachelor of Arts in Communications from Flagler College, where she studied radio and video journalism with minors in Political Science and Psychology. She later earned a Master of Science in Clinical Mental Health Counseling from Walden University, with advanced training in Marriage and Family Therapy, Crisis Intervention, and Trauma-Informed Care. She also completed specialized certification as a Child-Centered Play Therapist through the Play Strong Institute, strengthening her developmentally sensitive approach to working with children and families.

As a Florida Licensed Mental Health Counselor and Certified Family Law Mediator, Kristin brings a unique combination of clinical expertise and conflict-resolution skills to her practice. She is the Owner and Clinician at Sea Hope Counseling (Sea Hope Strategies LLC) in Saint Augustine, where she provides therapy for clients ranging from ages 4 to 80+. Her clinical specialties include anxiety, ADHD, autism support, parenting challenges, life transitions, and support for individuals in high-stress professions.

Her therapeutic approach is integrative and evidence-informed, drawing from cognitive behavioral therapy, mindfulness practices, interpersonal neurobiology, polyvagal theory, and neuro-linguistic programming. This comprehensive framework allows her to tailor care to each client’s unique needs while supporting emotional regulation, resilience, and long-term behavioral change.

“What I enjoy most is connecting deeply with the population I serve,” Kristin shared. “As someone who is legally blind, gifted, and neurodivergent, I bring a personal understanding of the experiences and perspectives of my clients. This lived experience allows me to relate to and support neurodivergent individuals, including those who are autistic, have ADHD, or are gifted. I particularly enjoy using child-centered play therapy, where the child guides the session, giving me insight into their needs while creating a safe and supportive environment for growth.”

In addition to her clinical practice, Kristin is also the Owner of Sea Dog Training under Sea Dog Solutions LLC, where she applies behavioral science, learning theory, and canine behavior modification to improve the lives of animals and their owners. Her professional background includes experience as Behavior and Kennel Manager at Good Karma Pet Rescue, along with work in foster care, shelter behavior consulting, and service animal support programs such as Pets for Vets.

Kristin also serves as an Adjunct Professor at Flagler College, where she teaches behavioral science courses, including Abnormal Psychology and Behavior Modification, helping prepare the next generation of mental health and behavioral professionals.

Across her clinical, educational, and animal behavior work, Kristin remains actively engaged in professional development and service organizations, including the American Counseling Association, the Animal Behavior Society, the International Association of Animal Behavior Consultants, and the Pet Professional Guild.

Outside of her professional roles, she enjoys kayaking, hiking, scuba diving, reading, and spending time with her family and animals—activities that reflect her belief in balance, curiosity, and connection.

Through her integrated work in counseling, education, and animal behavior, Kristin Christopher continues to foster healing, understanding, and meaningful transformation for both people and animals alike.

Learn more about Kristin Christopher:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/providers/kristen-christopher>, or through her profile on Sea Hope Counseling, <https://www.seahopencounseling.com/provider/kristin-christopher>

America's Best in Medicine

America's Best in Medicine is a specialist online platform dedicated to amplifying the voices of leading healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

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