

Katie Eastman



Dr. Katie Eastman is a national grief/trauma therapist, speaker, and consultant with ReCreate Coaching and Counseling in Anacortes, Washington.

As a licensed psychotherapist, licensed social worker, and life coach specializing in loss and transition, she supports individuals and communities before, during, and after serious loss for the past thirty years. By allowing the pain of loss to serve as an opportunity for positive change she helps people of all ages reaffirm and recreate meaning by revealing the individual and collective skills, gifts, and talents we each bring to the world.

An engaging author and storyteller, she is known as an authentic force for good and love. Dr. Eastman was a student of Dr. Kubler-Ross and was deeply affected by her work throughout her career.