



DR. GRETCHEN KUBACKY

HEALTH PSYCHOLOGIST • AUTHOR • SPEAKER

As a health psychologist, grief expert, author, and motivational speaker, Dr. Gretchen Kubacky empowers people all over the world to create healthy life habits and heal from their losses. She is dedicated to education, advocacy, and empowerment. Dr. Gretchen is a Certified PCOS Educator, frequently lectures on women's health, and provides consulting and counseling internationally. Based in Los Angeles, California.

EXPERT AREAS

- Women's Health/Chronic Illness
- Grief & Loss
- Money Therapy
- Diabetes
- PCOS/Infertility
- Sexuality

SIGNATURE TOPICS

- Women, Mood and Hormones: Achieving Health and Balance
- Thriving with Chronic Illness: Take Charge of Your Health Today
- A Tsunami of Grief: Strategies for Moving Through Loss with Grace
- Building a Healthy Relationship with Money: Insights from Psychology

GET IN TOUCH

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SPEAKING & PUBLICATIONS

- The Atlantic
- U.S. News and World Report
- University of Southern California
- California State University, Northridge
- Los Angeles County Psychological Association
- The YMCA
- Reader's Digest
- PCOS Challenge
- Center for Healthy Sex
- Wise & Healthy Aging
- Airport Marina Counseling Service

LISTEN • WATCH • READ

Moving Through Grief: Proven Techniques for Finding Your Way After Any Loss

Callisto Media, 2019

Action-oriented, self-help guide based on Acceptance and Commitment Therapy.

The PCOS Mood Cure: Your Guide to Ending the Emotional Roller Coaster

iUniverse, 2018

The pioneering book describing the mental health conditions associated with Polycystic Ovarian Syndrome, along with a comprehensive program of holistic and integrative self-care. Extensive review of relevant supplements, prescription medications, and medical providers.

See me on YouTube



Read my blog



Gretchen Kubacky, Psy.D.