



NOT BORING CE'S
CONTINUING EDUCATION
FOR THERAPISTS

Krista Cargle-Niles

Krista Cargle-Niles is a couples therapist and dating coach with 19 years' experience helping individuals and partners navigate every stage of romantic relationships. Drawing on a systems-based approach, she integrates evidence-based methods, including Gottman Method couples therapy and cognitive-behavioral therapy, to support clients in improving communication, deepening connection, and using dating apps to find true partnership. In addition to her therapeutic work, Krista has created a structured curriculum that teaches clients how to date with clarity and confidence, guiding hundreds of people toward finding lasting love.



Contact

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<https://www.helpyourclientsfindlove.com>

Courses

Helping Clients Date With Confidence

Resources

- McKinlay, C. (2014). Optimal Cupid: Mastering the hidden logic of OK Cupid. Createspace Independent Publishing Platform.
- Ury, L. (2021). How to not die alone: The surprising science that will help you find love. Simon & Schuster.
- Guenther, J. (2024). Big dating energy: How to create lasting love by tapping into your authentic self. HarperOne.
- Gottman, J., & Gottman, J. S. (2019). Eight dates: Essential conversations for a lifetime of love. Rodale Books.
- Frederick, D. A. (2013). Height and body mass on the mating market: Associations with number of sex partners and extra-pair sex among heterosexual men and women aged 18–65. *Evolutionary Psychology*, 11(3), 678–704. <https://doi.org/10.1177/147470491301100309>