



Lifetime Behavioral Health

... focused on wellness

Katherine Walker is the Founder and Director of Lifetime Behavioral. She has devoted over 15 years of her career to helping others resolve personal and professional issues, improve their performance, prepare for significant life changes, and obtain work-life balance.

In the midst of her busy career, Katherine and her husband started their family and for the first time she began to fully understand what it meant to juggle work and family. As a wife and mother of two she has real world experience when it comes to nurturing a successful marriage and maintaining a fast-paced career while raising a young family. As a result of her experiences she is fully committed to helping both women and men manage through the stresses and challenges facing today's families.



In addition to working with adults, Katherine also thoroughly enjoys supporting and encouraging young adults and adolescents who are looking for their place in this world. Working in a high school for a number of years she gained extensive experience with teens who faced such challenges as depression, anxiety, school refusal, social isolation, bullying, relational aggression, defiance, anger management, stress, as well as other school related concerns.

Katherine's down to earth approach to counseling is appreciated by her clients. She encourages her clients to take a practical approach to life's problems, brainstorming options and solutions while incorporating a sense of humor.

Katherine earned a Master's Degree in Human Resource Management from Keller Graduate School of Management and a M.S. in Counseling from National Louis University, with honors. She is a Licensed Clinical Professional Counselor and a Nationally Board Certified Counselor. Katherine is also a member in good standing of the Illinois Counseling Association (ICA), the Illinois Mental Health Counselors Association (IMHCA), the Illinois Association for Couples and Family Counseling (IACFC) and well as the American Association of Christian Counselors (AACC).