



Lifetime Behavioral Health

... focused on wellness

Kara Zimmerman serves as the Clinical Supervisor and as a therapist at Lifetime Behavioral Health. She is a Licensed Marriage and Family Therapist and Licensed Clinical Professional Counselor who has more than 10 years of counseling experience. In that time she has developed a passion for shepherding people through difficult times and caring for those who care for others.



She received her Master's degree in marriage and family therapy from Northern Illinois University and has special interest in depression, self-esteem, grief and loss, spiritual issues, attachment, temperament and personality differences in relationships, communication, adoption and foster care concerns, abuse issues, the particular challenges facing families with adolescent girls, and clinical supervision of therapists.

Undergirding Kara's supportive, practical and relational approach to counseling is an emphasis on hope and a focus on the strengths of her clients. She is certified in the premarital/marital counseling and enrichment program Prepare/Enrich, and enjoys helping couples experience intentional marriages, as well as helping churches and other relational networks support strong marriages.

Kara is a member of the American Association of Christian Counselors and considers herself honored and thankful to have the opportunity as a therapist to be an instrument of God's love, peace and hope.