

Joyce Marter, MA, LCPC

180 N. Michigan Avenue, Suite 410
Chicago, Illinois 60601
312-213-9324 - joyce@urbanbalance.com

EDUCATION

Northwestern University | Evanston, Illinois | September 1994-May 1996

Master of Arts in Counseling Psychology

The Ohio State University | Columbus, Ohio | September 1990-June 1994

Bachelor of Arts in Psychology, Minor in Spanish

Graduated Cum Laude with Honors and Distinction in Psychology

LICENSURE

Licensed Clinical Professional Counselor (LCPC) in Illinois | December 1998-Present

BOARD WORK

President | Illinois Counseling Association | July 2016-Present

Insurance Task Force Member | Illinois Counseling Association | July 2013-Present

President-Elect | Illinois Counseling Association | July 2015-July 2016

President Elect-Elect | Illinois Counseling Association | July 2014-July 2015

Division Representative | Illinois Counseling Association | July 2013-July 2014

President | Illinois Mental Health Counselors Association | July 2013-July 2015

Vice-President | Illinois Mental Health Counselors Association | July 2012-July 2013

Membership Chair | Illinois Mental Health Counselors Association | July 2011-July 2012

AWARDS AND HONORS

Past Presidents Award | Illinois Mental Health Counseling Association

Distinguished Alumni of the Year | The Family Institute at Northwestern University

2010 Crain's Chicago Business "Top 40 Under 40"

PROFESSIONAL EXPERIENCE

Psychotherapist, CEO | Urban Balance, LLC | February 2004-Present

Lead, market, develop and maintain thriving therapy and counseling practice in seven locations throughout Chicagoland and one in St. Louis. Urban Balance employs over 80 therapists and has grown to \$4 million in annual revenue.

Appear, speak and write in the media on matters of psychology and wellness.

Develop workshops, trainings and presentations for schools, universities and corporations on issues related to psychology, addiction and wellness.

Work with insurance companies, managed care companies, employee assistance programs and addictions treatment facilities nationwide.

Psychotherapist | Joyce Marter & Associates, PC | December 1998-Present

Psychotherapist for individuals, couples, families, and groups dealing with mental health, relationship, career and addictions issues.

Specialist in the assessment and treatment of chemical dependency, addictions, dual diagnosis, mood disorders, anxiety disorders and codependency.

Expert witness in malpractice cases involving professional counselors.

Clinical supervisor to graduate students and staff therapists.

Consultant to therapists in private practice on marketing, business development, and practice management.

Contractor with national employee assistance programs to provide assessments, brief counseling, workplace trainings, drug-free workplace programs, critical incident stress debriefings (CISD's) and referral services.

Blogger | The Huffington Post and PsychCentral | June 2013-Present

Case Conference Leader | Northwestern University | September 2015-Present

Triadic Supervisor | Northwestern University | September 2016-Present

INVITED PRESENTATIONS AND SPEAKING ENGAGEMENTS

Keynotes:

"The Psychology of Success: Creating Work/Life Balance"

Lakeside Bank, Women Who Make a Difference Event, October 21, 2015

North Dakota Counseling Association, Annual Conference, February 22, 2015

Meeting Planners International, Annual Holiday Event, December 13, 2013

Conference Workshops:

"Membership Retention and Growth"

American Counseling Association: Midwest Leadership Academy, October 16, 2016

"Innovative Branch Practices"

American Counseling Association: Midwest Leadership Academy, October 16, 2016

"President's Welcome Address"

American Counseling Association: Midwest Leadership Academy November 4, 2016

Corporate Trainings:

"Effectively Working With Coworkers"

City of Evanston, April 28, 2016 & April 28, 2015

"The Psychology of Success: Creating Work/Life Balance"

Oracle, Oracle Women's Leadership, August 14, 2012

Dover Corporation, July 30, 2012

"Increasing Branch Membership & Revenue"

American Counseling Association: Institute for Leadership Training, July 30, 2016

"Drug-Free Workplace Program Supervisory Training"

HydraForce, January 10, 2017

Webinars:

- “The Psychology of Success: Creating Work/Life Balance”
Workplace Solutions Employee Assistance Program, National Webinar, October 1, 2015
PsychCentral, July 25, 2013
Siemens Corporation, May 29, 2012
- “Shifting Gears From Mental Health to Business”
Illinois Mental Health Counselors Association, January 26, 2012
- “Take Your Practice to the Next Level”
TherapySites, December 9, 2014 & September 10, 2014

Workshops for Continuing Education Units For Therapists:

- “The Psychology of Success: Transcending Divorce”
The Lilac Tree, September 22, 2015
Advanced Clinical Trainers, April 25, 2014 & December 5, 2013
- “The Psychology of Success: Creating Work/Life Balance”
Northern Illinois Employee Assistance Professional Association, August 22, 2015
Harborview Recovery Center, September 7, 2012
- “Advanced Private Practice: Taking Your Practice to the Next Level”
Illinois Mental Health Counselors Association, November 13, 2014 & March 15, 2013
- “Dual Diagnosis Treatment”
Employee Resource Systems, December 3, 2015
Wellness Cancer Center, March 4, 2015
- “Treating Bipolar Disorder”
The Family Institute at Northwestern University, November 5, 2014
- “The Psychology of Success: Transcending Anxiety & Depression”
Insight Behavioral Health, Winter Anxiety Symposium, February 7, 2014

Critical Incident Stress Debriefings:

- Mattress Firm, March 5, 2016 & March 3, 2016
City of Evanston, July 1, 2014 & September 14, 2016

Workplace Wellness Seminars:

- “Alcohol Awareness” for the City of Evanston, November 16, 2016
“Work/Life Balance” for the City of Evanston, September 4, 2016
“Managing Conflict in the Workplace” for the U.S. Customs & Border Protection,
July 9, 2016
“The Mood/Food Connection” for the City of Evanston, November 5, 2015
& October 23, 2014
“Anger Management” for the City of Evanston, October 14, 2015

“Building Resiliency” for the City of Evanston, July 15, 2015
“Being Happy While You Work” for the City of Evanston, June 11, 2015
“Exercise at Your Desk” for the Eze Software Group, May 21, 2015
“Depression Awareness” for the City of Evanston, September 17, 2014
“Conquering Cumulative Stress” for the City of Evanston, August 27, 2014
“Improving Communication in the Workplace” for the City of Evanston, May 20, 2014
“Dealing With Difficult People” for the City of Evanston, April 29, 2014
“Keeping the Happy in Holidays” for UPS, November 29, 2012
“Assertive Communication” for UPS, September 27, 2012
“Effective Workplace Communication” for UPS, July 26, 2012

Talks for Universities and Interest Groups:

“The Psychology of Success”
Northern Illinois University, April 21, 2016

“Surviving the Roller Coaster of Divorce”
The Lilac Tree, June 11, 2012

“Work/Life Balance”
The Alumni Association of The Family Institute at Northwestern University, May 18, 2011

For Attorneys:

“Effective Conflict Resolution”
JAMS Arbitration, Mediation & ADR Services, June 19, 2014

“Mental Health Injuries”
National Business Institute, June 22, 2012

PUBLICATIONS, TELEVISION, VIDEO, RADIO INTERVIEWS

Crain’s Chicago Business

Joyce Marter Focus by Lisa Bertagnoli October 30, 2010
“This CEO lost a husband to suicide. Here’s how she came back” by Lisa Bertagnoli
• October 20, 2016
“There’s no place like a hotel for the holidays” by Lisa Bertagnoli • December 22, 2014
“Making a Difference in Chicago” by Lisa Bertagnoli • October 30, 2010
“Taking a step back from overexposure” by Lisa Bertagnoli • November 09, 2009

Context Health Media

Video series: “Stress and Your Health,” “Overcoming Isolation and Fear,”
“Tips for Caregivers,” “You Are Not Your Illness”

MTV

The Real World Chicago 2015

Inc. Magazine

“The True Key to Success, According to this Inspired Psychotherapist”
by Matthew Jones

Spirituality & Health Magazine

"50 Loving Sentiments We Should All Say More Often"

Wall Street Journal

"So cute, so hard on marriage" by Andrea Peterson • April 28, 2011

U.S. News & World Report Career Blog

"How to manage your emotions in the workplace" by Ritika Trikha • May 15, 2012

"4 Tried and True Management Techniques" by Ritika Trikha • June 12, 2012

Chicago Parent Magazine

"How to Raise Socially Aware Kids" by Melissa Silverbert • September 29, 2016

Chicago Health Magazine

"Deconstructing Grief" by Katie Morell • Winter/Spring 2015

Parents.com

"How to Stay Close After Baby" by Cynthia Hanson • February 2013

News.com.au

"Psychotherapist Joyce Marter Reveals Her Top 10 Tips for a Better Sex Life" • February 12, 2014

FOX 32 - With Bela Ghandi

Online Dating and Dating Around the Holidays • October 21, 2016

CBS 8 - Life & Beauty Weekly

"Healthy relationships: Should your husband be your best friend?" by Cynthia Hanson • September 14, 2013

WGN TV

"Signs of Workplace Bullying and Ways to Prevent It" (video) by WGNTV1 • May 10, 2016

Live in Studio - Healthy Living Resolutions (radio) with Jane Monzures • December 29, 2014

"Stress Savers for Parents" (video) with Jane Monzures • December 14, 2014

"Holiday Stress and Family" (radio) with Rob Hart • December 5, 2014

"Effects of Spring" (radio) with Rob Hart • December 5, 2014

"Keeping Spirits Up When Temperatures are Down" (video) with Jane Monzures • November 14, 2014

"Too Much Stress at Work? Relax" (video) with Jane Monzures • March 17, 2013

"Extreme Inspiration" with Jane Monzures • January 13, 2013

The Huffington Post

"15 Ways to Live Authentically and Amazingly" • February 13, 2015

"How to Make the Best of a Solo Thanksgiving" • November 24, 2014

"20 Ways to Choose Happiness" • October 15, 2014

"How to Get Out of a Bad Mood: 12 Tips" • October 6, 2014

"Ignite Your Inner Fire: 25 Inspirational Intentions" • October 6, 2014

"15 Affirmations: Find the Courage to Live the Life You Want" • September 17, 2014

“21 Ways to Let Go and Free Yourself” • August 8, 2014
“Mindfulness for Mind-Blowing Sex: 25 Practices” • July 28, 2014
“50 Loving Sentiments We Should All Be Saying More Often” • July 18, 2014
“What Death Taught Me About Life: 5 Inspirational Lessons” • July 7, 2014
“Increase the Resiliency of Your Relationship: 6 Strategies” • July 1, 2014
“25 Affirmations to Align Yourself With the Greater Good” • June 23, 2014
“Self-Love: 10 Keys” • June 18, 2014
“10 Tips for Better Sex After Kids” • June 10, 2014
“Men Who Work on Themselves Are Sexy” • June 5, 2014
“25 Simple Ways You Can Improve Every Relationship in Your Life” • May 19, 2014
“Find Bliss Going Inward” • May 6, 2014
“8 Life Lessons From My 8-Year-Old” • May 6, 2014
“Self-Love Must Come First: How to Love Yourself” • February 16, 2016
“Global Day for Health Kicks Off Mental Health Awareness Month”
by Katherine Goetzke • May 19, 2015

PsychCentral - more than 75 posts

Psychology of Success Blog

“Clinicians on the Couch: 10 Questions With Therapist Joyce Marter”

“Applying the 5 Love Languages to Self-Love: How to Love Yourself”

The Atlantic

“The Computer Will See You Now” by David R. Wheeler • March 18, 2015

The Toronto Star

“Does Social Media Make It Easier to Cheat on Your Partner?” by Matt Linder •
November 21, 2016

Bell Media Niagara/Greater Toronto Area CKTB Radio

The Tim Denis Morning Show “Does Social Media Make It Easier to Cheat on Your
Partner?” • November 22, 2016

The Good Men Project “20 Ways to Choose Happiness” • October 24, 2014

New Zealand’s Sunday Magazine “Love After Baby”

Belief.net

“9 Ways to Truly Support Your Partner” by Margarita Tartakovsky, MS

“7 Healthy Ways to Feel Your Feelings”

Notey.com Joyce Marter Blog

Financial Post, Business Insider

“11 things successful people do on Sunday nights” by Jacquelyn Smith •
January 19, 2015

ABC’s Livewell Network “Say Ahh” Video Clip

CBS Miami “How to Baby-Proof Your Marriage” • July 13, 2011

Bustle

“How to Get Over Uncertainty Without Letting It Completely Slow Down Your Life”
by Marlen Komar • December 30, 2015

The RedEye “There It Is the Office Clique” by Christina Merrill • February 29, 2016

WCIU, The U Post Traumatic Stress Disorder Video clip

Careerbliss.com “10 Ways to Overcome Pre-Job Interview Jitters” by The CareerBliss Team • March 30, 2012

Center for Behavioral Health “Tips to Increase Your Assertiveness” • April 20, 2012

WBEZ - Blog “Why We Could All Use Some Therapy” by Leah Pickett • May 16, 2013

Alpha Counseling and Treatment “Why Seeing a Therapist Makes You Strong Not Weak” • June 15, 2015

Refinery.com “What to Say in Life’s Most Difficult Situations” by Hayley MacMillen • August 4, 2015

Health + Fitness Cheat Sheet “3 Ways Having Kids Will Change Your Relationship”
by Taryn Brooke • October 24, 2015

Katie Andrews Therapy “Tips on Tolerating Uncertainty” by Margarita Tartakovsky • November 2, 2015

Biblewaymag.com “10 Ways to Be a Better Person” by Etson Swabe • Mar. 11, 2016

CongNghe.vn “To Start a New Week Full of Life ... 12 Ways to Sunday” by Genk • March 27, 2016

Mentalhealthforum.net

“Applying the 5 Love Languages to Self-Love: How to Love Yourself” by Joyce Marter • April 2, 2016

Racked.com “War, All Dressed Up” by Claire Carusillo • April 12, 2016

Intuit QuickBooks “How Psychology Can Make or Break Your Business” by Brandi-Ann Uyemura

Madamenoire.com “... How Your Marriage Will Change After a Baby”
by Alyssa Rachelle • September 8, 2016

Intelligence For Your Life John Tesh “5 Reasons to De-Clutter Your House Right Now”

Match.com The Signs of Confidence in Dating: Dating Tips by Stacey Elkins

Chicago Tribune “Workplace Stress Can Lead to Total Meltdown” by Alexia Elejalde-Ruiz, RedEye. The Washington Post • September 13, 2006

PODCASTS:

Solutions 110 On Leadership and Hear the World’s Sounds

QUOTED IN THE FOLLOWING BOOKS

Dasenbrook, Norman C. (2009) Tools and Strategies for Developing Your Own Counseling Private Practice. In Marini, Irmo, and Mark A. Stebnicki. *The Professional Counselor's Desk Reference* (p 34). Second ed. New York, NY: Springer Pub., Print.

Carter, Candice C., and Linda Pickett. (2014) *Conflict In Youth Literature for Peace Education* (p 117). New York, NY: Palgrave Macmillan, Print.

Donaldson, Jaleh (2011) *Making Marriage a Success: Pearls of Wisdom from Experts Across America*. Booklocker.com. Print.

Veland, Cherilynn M. (2015) *Stop Giving It Away: How to Stop Self-Sacrificing and Start Claiming Your Space Power and Happiness* (p 141). SheWrites Press. Print.

PROFESSIONAL MEMBERSHIPS

Illinois Mental Health Counselors Association

Illinois Counseling Association

American Counseling Association