

# JOYCE MARTER, LCPC

## Psychotherapist, Consultant, Writer & Speaker



**Founder**  
**Urban Balance, LLC**

### **Bio**

Joyce Marter has been a Licensed Clinical Professional Counselor since 1998, providing therapy for individuals, couples and families dealing with issues related to mental health, addiction, relationships, and personal and professional development. Marter is the Founder of Urban Balance, a counseling practice she started in 2004 and grew to over 100 therapists working from nine locations during her 13-year tenure as CEO. She has been awarded Distinguished Alumni of the Year (2008) by The Family Institute at Northwestern University and was selected by Crain's Chicago Business for the "40 Under 40" List of 2010.

Marter is currently the Vice President of Marketing & PR Refresh Mental Health, a company that owns and operates outpatient mental health practices throughout the United States. She is the Chair-Elect of the Midwest Region of the American Counseling Association, immediate Past-President of the Illinois Counseling Association, and a two-term Past-President of the Illinois Mental Health Counselors Association.

With a passion for applying psychology to business, Marter is a public speaker for corporations, universities and counseling organizations. She is a blogger for PsychCentral and The Huffington Post and currently has a book in development. Marter is routinely consulted as a psychological expert in the media and has been featured in such outlets as The Wall Street Journal, U.S. News & World Report, CNN and MTV.

### **Media Contributor**

Marter adds expert commentary on a variety of topics related to mental health, wellness, family, relationships, addiction, business and career:

- On-air in television and radio more than 50 times in a variety of markets, featured in hundreds of print and digital articles

**Specialist** in self-esteem, mood and anxiety disorders, relationship issues, codependency, and living your best life, both personally and professionally.

**Consultant & Trainer** for corporations, schools, universities, therapists & women's groups on matters of psychology, addiction, wellness and business development.

**Keynote Speaker & Panel Expert** for Fortune 500 companies and continuing education for therapists on a variety of topics related to psychology & wellness, including her popular keynote, "The Psychology of Success: Principles for Personal & Professional Wellness."

**Case Conference Leader** for therapists-in-training at Northwestern University, **Clinical Consultant & Coach** to therapists in private practice.

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