

Joyce Marter

Licensed Psychotherapist, Entrepreneur, National Speaker & Author

2906 Central Street, Suite 212, Evanston, Illinois 60201

(312) 213-9324 | joyce@joyce-marter.com | www.joyce-marter.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

Heaven Meets Earth Yoga | Evanston, Illinois | January 2018-June 2019

200-hour Yoga Alliance Accredited Teacher Training in Ashtanga

Vinyasa, Mindfulness & Meditation

LICENSURE

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

BOARD WORK

Midwest Region Chair (Chair-Elect, Chair, Past-Chair) | American Counseling Association | July 2017-July 2020

President (President Elect-Elect, President-Elect, President, Past-President) | Illinois Counseling Association | July 2014-July 2019

President (Two Terms) | 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

Wendell S. Dysinger Award for Outstanding Publication in Counseling 2021 | Illinois Counseling Association

Robert J. Nejedlo Award for Distinguished Leadership 2020 | Illinois Counseling Association

Distinguished Service as President Award 2017 | Illinois Counseling Association

Past Presidents Award 2015 | Illinois Mental Health Counseling Association

40 Under 40 List 2010 | Crain's Chicago Business

Distinguished Alumni of the Year 2008 | The Family Institute at Northwestern University

PROFESSIONAL EXPERIENCE

President & CEO | Joyce Marter Enterprises, Inc. | September 2017-Present

- International public speaker providing keynote addresses, continuing education seminars, corporate training workshops, speeches, expert panel services, and virtual training/webinars.
- Coach and consultant to therapists in private practice, group practices and behavioral health organizations on marketing, business development, and practice management. Senior Advisory Consultant to behavioral health corporations.
- Published book author and blogger on topics related to mental health, addiction, relationships, mindfulness, finance and success psychology.
- Mental health thought leader and expert routinely featured in the media.

Chief Brand Ambassador & Senior Advisor to the CEO | Refresh Mental Health | October 2017-January 2022

- Provide public relations and consulting services for a \$1B+ corporation and national leader in mental healthcare.

Founder & Psychotherapist | Urban Balance, LLC | February 2004-January 2022

CEO & Owner | Urban Balance, LLC | February 2004-October 2017

- Founded, built and successfully sold a national outpatient mental health company which grew to over 100 therapists working from ten locations in three states during 13-year tenure as CEO.
- Therapist working with individuals and couples, specializing in self-esteem, career, mindfulness, dual diagnosis, bipolar disorder and the psychology of money.

Adjunct Faculty | The Family Institute at Northwestern University | September 2005-September 2020

- Clinical Supervisor for masters-level therapists-in-training serving in the following supervisory capacities since 2005: Preceptor, Site Supervisor, Triadic Supervisor and Case Conference Supervisor.
- Professor teaching Advanced Topics in Clinical Mental Health, Introduction to Clinical Practice, Introduction to Clinical Interviewing, and Current Topics in Counseling.

Account Manager & EAP Counselor | Employee Resource Systems, Inc. | September 1998-June 2002

- Managed over 30 national corporate accounts in a variety of industries, including labor unions, financial institutions, hospitals, and businesses.
- Developed and facilitated corporate training seminars on drug and alcohol education, communication skills, stress and conflict management skills, management skills, etc.
- Counselor and managed care case manager responsible for diagnostic assessment, brief treatment, treatment recommendation and referral services for clients dealing with chemical dependency, substance abuse, addiction, mental health and relationship issues.
- Conducted management consultations, job performance referrals from management or Human Resources, Critical Incident Stress Debriefings (CISD's).

Psychotherapist | The Institute for Adolescent Development | July 1996-November 1998

- Therapist for individual adolescents and adults, couples, families and groups dealing with mental health, addiction, academic and relationship issues.
- Consultant, presenter, and educator at public and private educational institutions on drug and alcohol abuse, mental health, and psychological issues.

Program Manager, Addictions Counselor | Family Guidance Centers, Inc. | July 1996-December 1997

- Responsible for providing drug and alcohol assessments, education, treatment planning, individual and group counseling, referral services and treatment coordination for individuals recovering from drug and alcohol addictions.
- Manager of a team of clinicians and case managers in the IV Drug Users/HIV Program. Conducted drug and alcohol and HIV/AIDS education and staff training.
- Manager of harm reduction needle exchange program in collaboration with Chicago Recovery Alliance and Test Positive Aware Network (TPAN).

PUBLICATIONS

Books:

The Financial Mindset Fix: A Mental Fitness Program for an Abundant Life was published by Sounds True in July 2021. It is available in hardcover, ebook, and audiobook (Marter provided the narration.) In addition to English, Marter has book deals in Spanish (Spain & Latin America), Korean (Korea), and Taiwanese (China).

Resident Blogger for Psychology Today:

Note that *Psychology Today* blogs appear in over 20 countries. As appropriate, the following blogs have been translated into foreign languages.

[“How Professional Athletes Manage Their Money”](#) • Feb. 1, 2022
[“13 Tips for Transitioning Back to the Office”](#) • Jan. 26, 2022
[“How to Cope with Winter Blues Worsened by the Pandemic”](#) • Nov. 29, 2021
[“How to Cope With Social Anxiety Worsened by the Pandemic and Holidays”](#) • Nov. 26, 2021
[“7 Ways to Ask for Emotional Support”](#) • Nov. 23, 2021
[“Seven Ways to Curb Procrastination”](#) • Nov. 22, 2021
[“4 Signs of an Emotionally Immature Parent”](#) • Nov. 18, 2021
[“How to Manage Anger Resulting From Financial Stress”](#) • Nov. 12, 2021
[“How to Handle Awkward Money Pressures in Relationships”](#) • Oct. 2, 2021
[“How to Financially Prepare for Baby During Pregnancy”](#) • Sept. 30, 2021
[“Beware of the ‘Buy Now, Pay Later’ Psychological Pitfall”](#) • Sept. 15, 2021
[“How Your Parents’ Beliefs About Money Affect You”](#) • Aug. 28, 2021
[“Simone Biles Takes the Gold for Mental Health Awareness”](#) • Aug. 1, 2021
[“Tips for Living with Your Adult Children or Aging Parents”](#) • July 31, 2021
[“How to Manage Anxiety About Going Back to the Office”](#) • July 27, 2021
[“How to Prevent Overwork and Burnout”](#) • July 11, 2021
[“10 Ways Stress Can Negatively Affect Your Finances”](#) • June 30, 2021
[“6 Ways to Recover from Pandemic Induced Anxiety”](#) • June 30, 2021
[“How to Harness the Psychology of a Successful Entrepreneur”](#) • June 20, 2021

Huffington Post Resident Blogger:

Authored 35+ posts from 2014-2017 including:

[“How to Promote Health Emotional Social Development of iGen Teens”](#) • Nov. 7, 2017
[“How to Cope After Acts of Mass Violence”](#) • Oct. 3, 2017
[“How to Recommend Therapy to Someone”](#) • Sept. 26, 2017

PsychCentral Resident Blogger:

Most of the articles have been selected for PsychCentral’s weekly list “Best of Our Blogs.”

Marter has authored 75+ posts from 2013-2020 including:

[“10 Ways to Stop Feeling Stuck in Life”](#) • Nov. 19, 2021
[“What Are the Types of Endorphins? And Other Facts About These Feel-Good Chemicals”](#) • Oct. 20, 2021
[“Resilience Tips for Loved Ones of Essential Workers During COVID-19”](#) • April 6, 2020

More Sample Blogs and Articles Authored by Joyce Marter:

The following includes a small sample of 300+ blogs/articles:

Your Zen Mama [“How to Manage Financial Stress by Being a Mindful Mom”](#) • Jan. 19, 2022

MoneyGeek.com [“The Psychology of ‘Treat Yourself:’ How to Manage the Urge to Splurge”](#) • Dec. 29, 2021; [“Checking in on Your Mental Health Can Change the Way You Spend Your Money”](#) • Nov. 23, 2021; [“How You Can Hold Yourself Accountable and Stick to Your Financial Goals”](#) • Sept. 10, 2021; [“How to Overcome Past Financial Trauma and Increase Your Wealth”](#) • July 20, 2021

Marriage.com [“Is a Mental Health Issue the Cause of Your Sexless Marriage?”](#) • Dec. 8, 2021; [“Practical Tips for How to Repair a Sexless Marriage”](#) • June 18, 2021

Joyce-Marter.com [“Tennis Star Naomi Osaka Sparks an Important Conversation About Mental Health”](#) • June 7, 2021; [“Healthy Boundaries and How to Define Them”](#) • March 9, 2021; [“Highlighting Racial & Social Justice Resources: September 2020”](#) • Sept. 8, 2020; [“Helping Children Cope in a COVID-19 World”](#) • Aug. 28, 2020; [“Highlighting Racial & Social Justice Resources: August 2020”](#) • July 31, 2020; [“Mental Health Resources During Coronavirus Pandemic”](#) • March 31, 2020; [Sustainable Living Lessons Learned from the Maui Eco Retreat”](#) • Aug. 31, 2019

MEDIA

Sample Television Appearances:

Fox Weather [“How to Cope with Seasonal Affective Disorder”](#) • Nov. 27, 2021

WLNS6.com [“Community Connexions, The Financial Mindset”](#) • Sept. 23, 2021

ABC WLAJ53 [“Community Connexions, Web Accessibility, Hiring & Recruitment Strategies & More”](#) • Sept. 6, 2021

Fox 5 New York, Good Day New York [“Childhood Impact on Finances as Adults”](#) • Sept. 2, 2021

WSMV-TV: Today in Nashville [“Author Joyce Marter on Her Book *The Financial Mindset Fix*”](#) • Aug. 30, 2021

WAFF-TV Tennessee Valley Living [“Author, Psychotherapist Discusses New Book”](#) • Aug. 9, 2021

WANE.com 15 [“How Focusing on Employee Mental Health Could Relieve the Labor Shortage”](#) • Aug. 3, 2021

CW33 Dallas [“Don’t Have a Meltdown Monday—the Connection Between Self-Worth, Net Worth”](#) • July 26, 2021

Evanston Live TV [“Psychotherapist Joyce Marter: What is Your Relationship with Money?”](#) • June 24, 2021; [“The Mental Health Epidemic & What It Means for Our Kids and Community”](#) • Feb. 28, 2019

Fox 32 Chicago [“How Improving Your Mental Health Can Fix Your Finances”](#) • May 19, 2021; [“Mental Health Awareness Month”](#) • March 6, 2019; [“How to Get Out of a Bad](#)

Mood” • Sept. 18, 2018; “How to Get Out of a Rut” • July 24, 2018; “Sexual Assault Awareness Month” • March 6, 2019; “Dating After Divorce” • Jan. 21, 2018; “Dealing with Social Anxiety This Holiday Season” • Dec. 21, 2017; “Promoting Health Development in Teens” • Dec. 4, 2017; “Sexual Harassment in the Workplace” • Nov. 29, 2017; “Are We Becoming Desensitized to Mass Shootings?” • Oct. 3, 2017; “Recommending Therapy to a Loved One” • Sept. 27, 2017; “Preparing Yourself and Your Child for the Transition to College” • Aug. 3, 2017

Fox 10 Phoenix “Building Resilience During COVID-19” • April 26, 2020

CBS’s Face the Truth Executive Produced by Dr. Phil and hosted by Vivica A. Fox • Name and website mention on episode • Feb. 4, 2019

MTV “Skeletons” The Real World Chicago • 2016

WGN TV Chicago “Decluttering to Destress” • June 26, 2016; “Signs of Workplace Bullying and Ways to Prevent It” • May 10, 2016; “Stress Savers for Parents” • Dec. 14, 2014; “Keeping Spirits Up When Temperatures are Down” • Nov. 14, 2014; “Too Much Stress at Work? Relax” • March 17, 2013; “Extreme Inspiration: Skydiving for MS” • Jan. 13, 2013; “Postpartum Depression” • March 24, 2011; “Hobbies for Health & Wellness” • April 6, 2010

Context Health Media (these segments replay in medical waiting rooms nationally) “Stress and Your Health,” “Overcoming Isolation and Fear,” “Tips for Caregivers,” and “You Are Not Your Illness” • Sept. 22, 2015

WCIU, The U “Men and Emotional Intimacy” • March 3, 2015

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

ABC’s Livewell Network “Say Ahh’ Relaxation Techniques” • June 28, 2010

Sample Radio Segments & Podcasts:

Digital Growth Institute “How to Build Your Mental Wealth” • Jan. 27, 2022

Mom Slow Down “Money Matters with Joyce Marter” • Jan. 18, 2022

Psychology Today Singapore “7 Ways to Ask for Emotional Support” • Jan. 1, 2022

Bulls Bears and Bourbon “Around the Bar - What is Wealth? The Best on the Meaning of Wealth” • Dec. 21, 2021

Enlightenment of Change podcast “Fix Your Financial Mindset to Welcome Abundance (AUDIO)” • Dec. 13, 2021

Beauty Is a Bitch “S4 E3 – The Midlife Crisis. It’s Time To Embrace Your Inner QUEEN (AUDIO)” • Dec. 4, 2021

TMHFW “Episode #67 “Learn How to Build Mental Wealth” • Nov. 25, 2021

ESR Show “Episode 10: Financial Fitness Joyce Marter (VIDEO)” • Nov. 18, 2021

Redefine Success: The Erin Jewell Show: “Healthy Financial Mindset” • Oct. 29, 2021

BYU [“Work-Life Balance”](#) • Oct. 29, 2021; [“Welcome Prosperity”](#) • Oct. 22, 2021; [“Your Relationship with Money”](#) Sept. 2, 2021
Citrix.com [“Back to Office Jitters”](#) • Sept. 22, 2021
Wealthways, State Bank of Cross Plains [“Definition of Mental Wealth”](#) • Sept. 15, 2021
Think Tank of 3 [“The Financial Mindset Fix with Joyce Marter, Episode #45”](#) • Aug. 30, 2021
Live Boldly [“Combining Self-Worth + Net Worth”](#) • Aug. 18, 2021
The Business Power Hour [“Business Power Hour with Joyce Marter”](#) • Aug. 18, 2021
LifeBlood Podcast [“Book Club featuring Joyce Marter”](#) • Aug. 18, 2021
Forever Student Podcast [“The Financial Mindset Fix for You to Lead an Abundant Life”](#) • Aug. 10, 2021
Bench Builders Business Coaching [“Cultivating the Mindset of a Successful Entrepreneur with Joyce Marter”](#) • Aug. 5, 2021
AM 880 KIXI [“Create Your Abundance with Joyce Marter”](#) • Aug. 3, 2021
Por La Cultura [“Improving Mental Health Through Financial Wealth with Joyce Marter”](#) • July 29, 2021
NeuroNoodle [“Joyce Marter, LCPC and Author of The Financial Mindset Fix NeuroNoodle Podcast”](#) • July 29, 2021
In the Venn Zone [“Knowing When to Say No When Selling Your Business with Joyce Marter”](#) • July 27, 2021
Your...Mental Health Business Mentor [“Living Your Best Life Podcast: The Intrinsic Relationship Between Mental Health & Money”](#) • July 5, 2021
NPR [“Overwork and Burnout Are Killing Us”](#) • June 15, 2021
The Business Society Podcast [“Emotional Fitness and Money Mindset”](#) • June 7, 2021
Mindful Health for the Wise Woman [“Emotional Health – Express Anger – with Joyce Marter”](#) • March 3, 2021
Real Time with IPELRA [“Workplace Mental Health Concerns in the Wake of the COVID-19”](#) • Nov. 9, 2020
Inside Out Recovery [“Honest Conversations About Racism”](#) • June 29, 2020
WBBM News Radio WBBM News Radio [“Keep Calm About COVID-19, They Say, But How?”](#) • March 19, 2020; [“Empowering Girls to Say No to Unwanted Expressions of Affection”](#) • Aug. 23, 2018
Getting Split Ready Podcast [“Divorce & the Holidays”](#) • Dec. 2019 [“Effective Financial Conflict Resolution”](#) • July 2019
Houston Chronicle Podcast [“How to Understand Seasonal Affective Disorder”](#) • Dec. 15, 2019
Beck Group Women’s Leadership Podcast [“Episode 89: Joyce Marter”](#) • Sept. 2019

Think Tank of Three “How One Woman Created a Multi-Million Dollar Company So She Could Have a Real Life with Joyce Marter” • July 10, 2019

WGN Radio “Mental Wealth & Prosperity with Jane Monzures” • Feb. 17, 2019; “Mama Drama: When Playground Politics Filter Up to the Parental Set” • Nov. 1, 2018; “Simple Ways to Shape Your Kid into a Critical Thinker” • March 29, 2018; “Spring Weather Effects” • Feb. 2015; “Healthy Living Resolutions” • Dec. 29, 2014; “Dealing with the Holidays when Unemployed” • Dec. 5, 2010; “Family Conflict Around the Holidays” • Nov. 22, 2010

NBRFM “The Joyce Marter Story” • Jan. 15, 2019

CBS/CNN Radio “Handling Difficult Conversations During the Holidays” and “How to Empower Girls to Say No to ... Physical Affection” • Nov. 22, 2017 (this segment was nationally broadcasted by CNN)

References in Books:

Referenced in more than ten books including:

Matt Ward (2021). *The High-Five Effect: How To Do Business With People Who Bring You Joy*. Templeton, MA: Founders Hall Press (Note: Marter is quoted throughout the publication.)

The Editors of Real Simple (2017). *Find Your Balance: Creating a Calm and Happier Life*. New York, NY: Time Inc. Books

J. Martin Ramirez (2017). *Cyberspace: Risk and Benefits for Society. Security and Development*. New York, NY: Springer Publishing

References in Journal Articles:

Syamala, K., & Arjun, P. (2017). An Empirical Study on Assertiveness Among Intermediate Students in Visakhapatnam. *Social Vision*, 32.

Hills, Laura (2016). Conflict Resolution and Management for Medical Practice Terms: Twenty-five Tips. *The Journal of Medical Practice Management*, 32(1): 32-38.

Walsh, Z. (2016). A Meta-Critique of Mindfulness Critiques: From McM mindfulness to Critical Mindfulness. In: Purser R., Forbes D., Burke A. (eds) *Handbook of Mindfulness. Mindfulness in Behavioral Health*. Springer, Cham, 153-156.

Harrington, A., & Dunne, J. D. (2015). When Mindfulness is Therapy: Ethical Qualms, Historical Perspectives. *American Psychologist*, 70(7), 621-631.

Barua, Falguni. Emotion in the Work Place (2015). Submitted to the *Journal on Organizational Behavior*.

Illinois Counseling Association (2014). Pre-Conference Half Day AM Workshop Advanced Private Practice. Take Your Practice to the Next Level! (p. 13) *Illinois Counselor*. (note: Marter was a faculty member of the pre-conference symposium).

Featured Article Interviews:

MoneyGeek.com [“How Debt and Financial Stress Affects Your Mental Health and Ways to Cope”](#) • Feb. 12, 2022

meQuilibrium [“Feeling Financially Stressed? You’re Not Alone”](#) • Jan. 28, 2022

Weight Watchers [“Why New Year’s Resolutions Don’t Stick”](#) • Jan. 19, 2022; [“How to Know When to Take a Mental Health Day”](#) • Dec 16, 2021; [“How to Make Lasting Change”](#) • July 28, 2021; [“8 Tips to Strengthen Your Resilience”](#) • May 26, 2021

Go Henry [“How to Teach Your Kids to Delay Gratification and Why It Matters”](#) • Jan. 12, 2022

Parade [“Yes, All this COVID-Related News Is Incredibly Exhausting—25 Therapists Explain How They’re Coping”](#) • Dec. 21, 2021; [“When Someone Is Having a Panic Attack, It Can Be Hard to Know How to Help—Start With These 10 Phrases”](#) • Oct. 21, 2021; [“Cultivating an ‘Attitude of Gratitude’ Can Vastly Improve Your Life—Here’s How to Do It”](#) • June 16, 2021; [“High-Functioning Depression Isn’t Always Easy to Identify, So Here Are the Signs to Watch Out For \(and What to Do\)”](#) • June 4, 2021; [“If Your Friendship Suffered During the Pandemic, Here’s Your Action Plan”](#) • May 11, 2011; [“Making Friends as an Adult Isn’t Easy, So We Came Up With 102 Expert-Backed Ways to Do It”](#) • May 5, 2011

Livestrong [“6 Ways Therapists Cope When They’re Grieving”](#) • Dec. 17, 2021

Good Morning Snore Solution [“How the Holidays Can Ruin Your Sleep \(And What to Do About It\)”](#) • Dec. 6, 2021

Medium [“10 Steps For Becoming Better Person in Your Life”](#) • Dec. 4, 2021

Parents [“Parents Are Quitting Social Media For the Holidays and Not Looking Back”](#) • Nov. 30, 2021; [“The First Shopping Site for Kids is Here-But is it a Good Idea?”](#) • June 17, 2021

The Healthy [“How to Stop Procrastinating”](#) • Nov. 16, 2021

Go Banking Rates [“How To Approach Budget Differences for Family Gift Exchanges”](#) • Nov. 3, 2021; [“Got Someone Who Borrowed Money, Hasn’t Paid It Back and Is Asking For More? Here’s How To Handle That”](#) • Oct 22, 2021; [“How to Best Handle These 4 Messy Money Matters That Happen with Family”](#) • Sept. 17, 2021; [“How to Be a Financially Gracious Houseguest When Staying with Friends or Family”](#) • Sept. 10, 2021; [“How to Handle Tricky Matters That Come Up When Kids Ask You for Charity Donations”](#) • Sept. 8, 2021

B2c Entrepreneur [“A Guide to Coping With Debt and Financial Stress”](#) • Nov. 3, 2021

Yahoo Money [“Ready to Quit? 5 Things to Consider First”](#) • Oct. 27, 2021

MSN Wealth Insider [“What to Do If You’re More Frugal Than Your Spouse”](#) • Oct. 26, 2021

Up Journey [“20+ Signs of Emotionally Immature Parents”](#) • Oct. 20, 2021

Tribune Content Agency [“While There Might Be Challenges, You’re Never Too Young for an Advanced Degree and a New Career”](#) • Oct. 20, 2021

Very Well Mind [Why We Set Intentions in Yoga and Meditation Practice](#) • Oct. 18, 2021; [“States and Traits Decide if You Impulse Buy, Study Says”](#) • July 21, 2021

Credit.com [“What You Need to Know About Living Well and Spending Less”](#) • Sept. 24, 2021

Love Moms [“Your Beliefs About Money Are Affecting Your Kids”](#) • Sept. 24, 2021

Firstly.com [“Are You and Your Partner the Perfect Financial Match – or a Disaster?”](#) • Sept. 15, 2021; [“How to Handle Tricky Matters That Come Up When Kids Ask You for Charity Donations”](#) • Sept. 14, 2021; [“Can Money Buy You Happiness? \(Science Says Yes\)”](#) • Aug. 13, 2021

Aol.com [“How to Handle 4 Messy Money Matters that Happens with Family”](#) • Sept. 15, 2021; [“How to Be a Financially Gracious Houseguest When Staying with Friends or Family”](#) • Sept. 14, 2021; [“How to Best Handle These 4 Messy Money Matters That Happen with Family”](#) • Sept. 14, 2021

Yahoo.com [“How to Be a Financially Gracious Houseguest When Staying with Friends or Family”](#) • Sept. 10, 2021; [“Experts Praise New York City for Making Free Mental Health Counseling Available at Vaccine Sites”](#) • April 30, 2021

MSN [“Should Teens Contribute to Saving for Education?”](#) • Sept. 10, 2021; [“How to Leave a Financially Dependent Relationship”](#) • March 24, 2021; [“5 Therapists Share How Your Marriage Can Survive an Affair”](#) • Oct. 15, 2018 (Note that this article was posted on MSN sites globally in countless language translations.)

Authority Magazine [“Why Divorce is the Perfect Time to Teach Children About Money”](#) • Sept. 2, 2021; • [“How We Can Leverage the Power of Gratitude to Improve Our Overall Mental Wellness”](#) • March 3, 2021

Yahoo Sports [“5 Ways to Tell If a Deal is Saving You Money”](#) • Aug. 25, 2021

Yahoo Sports Canada [“5 Ways to Tell If a Deal is Saving You Money”](#) • Aug. 25, 2021

Yahoo Lifestyle [“5 Ways to Tell If a Deal is Saving You Money”](#) • Aug. 25, 2021

Silk and Sonder [“Now is a Great Time to Get a Better Understanding of How Your Relationships Are Impacting Your Life—Here’s How”](#) • Aug. 12, 2021; [“Mental Health Experts Share Their Tips for ‘Flourishing’ As We Come Out of the Pandemic”](#) • June 25, 2021; [“17 Therapists Share Their Best Tips For How to Keep a Journal \(You’ll Want to Write These Down!\)”](#) • March 1, 2021

Real Simple [“5 Ways to Tell If a Deal is Saving You Money”](#) • Aug. 25, 2021; [“How to Stop Impulse Buying”](#) • May 5, 2021; [“Why You Should Treat Your Family Like Strangers”](#) • Jan. 2019; [“Spreading Kindness in a Rude World”](#) • Aug. 2017; [“How to Raise Kinder Kids”](#) • Aug. 2017

Morning Star ["If You Want to Fix Your Finances, Change Your Mind"](#) • Aug. 10, 2021

TD Ameritrade ["If You Want to Fix Your Finances, Change Your Mind"](#) • Aug. 10, 2021

Marketwatch ["If You Want to Fix Your Finances, Change Your Mind"](#) • Aug. 10, 2021

True Viral News ["If You Want to Fix Your Finances, Change Your Mind"](#) • Aug. 10, 2021

Newsbreak ["If You Want to Fix Your Finances, Change Your Mind"](#) • Aug. 10, 2021

The Journal Gazette • ["Fit Mind, Bottom Line: Keeping Employees Mentally Well Also Benefits Companies"](#) • Aug. 8, 2021

Forbes ["How Working On Your Mental Health Can Help Fix Your Finances"](#) • Aug. 6, 2021;
["How The Financial Mindset Fix Will Help You Conquer Money Blocks and Make You Rich"](#) • May 11, 2021

NewsBreak ["Joyce Marter to Share Mental Health Strategies with Area Employers"](#) • Aug. 6, 2021

Family Focus Blog ["How to Talk to Your Spouse About Money Without Fighting"](#) • Aug. 6, 2021

South Florida Reporter ["How to Get Your Life Back by Living Well and Spending Less"](#) • July 31, 2021

NextAvenue ["How Working on Your Mental Health Can Help Fix Your Finances"](#) • July 30, 2021

The Financially Minded Millennial ["What You Need to Know About Living Well and Spending Less"](#) • July 29, 2021

US Weekly ["Joyce Marter Details 12 Different Mindsets to Improve Mental and Financial Wealth in New Book"](#) • July 27, 2021

InTouch Weekly ["Joyce Marter Details 12 Different Mindsets to Improve Mental and Financial Wealth in New Book"](#) • July 27, 2021

Life & Style Magazine ["Joyce Marter Details 12 Different Mindsets to Improve Mental and Financial Wealth in New Book"](#) • July 27, 2021

Bustle ["17 Signs Your Intuition is On Point & You Need to Listen to It"](#) • July 27, 2021;
["How Do You Stop Negative Thoughts? I Gave My Inner Voice A Name & Learned A Lot About My Thinking Patterns"](#) • Aug. 2019; ["How To Have More Self-Confidence, Even When You're Feeling Down, According To Experts"](#) • July 2016; ["7 Reasons To Not Have Kids That Are Supported By Science, Because You Are Never Getting That Sleep Back"](#) • April 17, 2016; ["9 Habits All Toxic People Have in Common"](#) • Feb. 19, 2016; ["How to Get Over Uncertainty Without Letting It Completely Slow Down Your Life"](#) • Dec. 30, 2015

Business Insider ["People Can't Stop Watching Videos About Rich Influencers and Creator Money. Experts Say It Can Be Harmful"](#) • July 25, 2021

Elevated Existence ["July 2021 Spiritual and Self-Help Book Picks"](#) • July 24, 2021

Mental Health America [“Create a Healthy Workplace with Mental Health Awareness to Support Your Staff During Challenging Times”](#) • July 16, 2021

How to Write a Book.com [“Inspiration for Writing a Book on Mental Health and Finances”](#) • July 15, 2021

IMHCA News Update Magazine [“Help Clients Improve Their Financial Health”](#) • July 1, 2021

Living on the Cheap [“What To Do if You’re More Frugal Than Your Spouse”](#) • June 7, 2021; [“You Don’t Need a ‘Big’ Reason to Start Therapy—Here’s Why”](#) • May 24, 2021; [“Pay it Forward! Here are 97 Ways to Show Someone You Appreciate Them”](#) • May 13, 2021

Happify Daily [“4 Strategies to Deal with Money Stress”](#) • May 9, 2021

Synchrony.com [“5 Best FREE Online Workouts—No Matter What Type of Exercise You Prefer”](#) • April 13, 2021

Women’s Health Magazine [“Build Better Boundaries”](#) • May 1, 2021; [“We Asked, You Answered: Here’s How the #MeToo Movement Has Impacted Your Health One Year Later”](#) • Sept. 13, 2018

Burke Connection • [“Creating Healthy Mother-Daughter Relationships”](#) • March 19, 2021

The Good Trade [“Jealousy vs. Envy: Spotting the Difference”](#) • March 17, 2021

Press.com [“Are These Mental Health Mantras Tanking Your Bank Account?”](#) • March 3, 2021

Healthline [“Why People Cope with Life Events So Differently”](#) • Feb. 5, 2021

Healthy Holistic Living [“7 Secrets To Living A Beautiful Life”](#) • June 11, 2020

Speak Life [“What’s the Best Thing Someone Could Say to You Right Now?”](#) • March 12, 2020

Chicago Tribune [“February Snow Getting You Down? March Can Be The Hardest Weather Month In Chicago. Here’s How To Get Through It.”](#) • Feb. 25, 2020; [“How Do You Tell A Couple To Stop Fighting In Public?”](#) • July 2019; [“How to Ask Your Partner to Remove a Tattoo with an Ex’s Name”](#) • July 2019; [“How to Handle Socially Awkward Situations”](#) • July, 2019; [“Amid Asia Argento Accusation, What a #MeToo Moment Can Be Like for Male Victims”](#) • Aug. 21, 2018; [“Lessons from the Happiest Place on Earth”](#) • June 4, 2018; [“News Blackout Might Help Sex Abuse Survivors Heal”](#) • Nov. 5, 2017; [“Stop Reading the Weinstein News: This and Other Self-Care Tips”](#) • Oct. 18, 2017; [“Self-Care App Aims to Break the Cycle of Burnout”](#) • Sept. 21, 2017, [“Does Using Social Media Make You More Likely to Cheat?”](#) • Nov. 11, 2016; [“There It Is the Office Clique”](#) • Feb. 29, 2016; [“Leaps of Faith”](#) • June 11, 2011; [“Workplace Stress Can Lead to Total Meltdown”](#) • Sept. 13, 2006

CrimeWire [“This Explosive New Tool Can Help You Catch A Cheater Red-Handed”](#) • Feb. 25, 2020

Well + Good [“Feeling Like You’re to Blame for the Mistakes of Others? Personalizing is the Problem”](#) • Jan. 27, 2020; [“The Best Gifts to Give Someone, According to Their Love Language”](#) • Dec. 12, 2019; [“I’m An Introvert—How Do I Make Space For ‘Me Time’ After Moving In Together?”](#) • July 12, 2019; [“Use The 5 Love Languages To Boost The Most Important Relationship In Your Life: The One With Yourself”](#) • May 1, 2019; [“How to Maintain a Healthy Relationship with Your Wedding-Planning BFF”](#) • April 25, 2018

NBC Better [“Want To Boost Your Salary Or Savings? Get Better At Talking About Money”](#); [“4 Ways To Reignite Your Sex Life That Have Nothing To Do With Physical Touch”](#) • Sep. 2019; [“We’re Wired To Save Indulgences For Special Occasions — Here’s Why You Shouldn’t”](#) • Feb. 2019

U.S. News & World Report [“7 Ways to Make Moving in Together a Success”](#) • Nov. 30, 2018; [“4 Tried and True Time-Management Techniques”](#) • June 12, 2012; [“How to Manage Your Emotions in the Workplace”](#) • May 15, 2012

CNN [“Some Survivors of Sexual Assault Were Empowered by Christine Blasey Ford’s Testimony Yet Others Were Retraumatized”](#) • Sept. 28, 2018; [“The National Sexual Assault Hotline got a 201% increase in calls during the Kavanaugh hearing”](#) • Sept. 28, 2018; [“For Some, #MeToo Sexual Assault Stories Trigger Trauma Not Empowerment”](#) • Oct. 19, 2017 (the CNN articles listed here were all reposted by countless media outlets)

Time.com [“14 Things Successful People Do on Sunday Nights”](#) • Feb. 4, 2018

Woman’s Day [“5 Couples Therapists Share How Your Marriage Can Survive an Affair”](#) • March 27, 2017

Inc. Magazine [“The True Key to Success, According to this Inspired Psychotherapist”](#) • July 21, 2016; [“15 Ways to Become a Better Person”](#) • Dec. 9, 2014

The Atlantic [“The Computer Will See You Now”](#) • March 18, 2015

Chicago Health Magazine [“Deconstructing Grief”](#) • Feb. 9, 2015

The Wall Street Journal [“So Cute, So Hard on Marriage”](#) • April 28, 2011(Cover story)

PUBLIC SPEAKING

Recent Sample Keynote Addresses:

The Financial Mindset Fix, Minneapolis Rotary Club • Dec. 12, 2021; Alabama Counseling Association • Nov. 18, 2021; Women’s Club of Evanston • Sept. 9, 2021; Adler University • March 2, 2020

Mental Health Awareness, West Virginia Junior College School Group • Nov. 5, 2021; Illinois City Management Assoc. Oct. 21, 2021; CSPEN • Oct. 12, 2021; Mental Health America of NE Indiana • Aug. 12-13, 2021; Detroit Unitarian Church • May 30, 2021; Bay Arena High School • May 11, 2021; Missouri Hospital Association Health Institute • April 24, 2020

The Psychology of Success, ND Behavioral Health & Children and Family Services • Oct. 26, 2021; Streamline Healthcare Solutions • Sept. 16, 2020; Michigan Community Action Council • July 28, 2020; Reverb • Feb. 3, 2020; Alabama Counseling Association • Nov. 20, 2019; West Virginia Counseling Association • Oct. 31, 2019; Nebraska Counseling Association • Oct. 10, 2019; Iowa Counseling Association • Sept. 20, 2019; Women of the World Network • July 31, 2019; Maine Counseling Association • April 1, 2019; Illinois Counseling Association • March 22, 2019; College of DuPage • March 1, 2019; Lewis & Clark Chapter of the Illinois Counseling Association • Feb. 7, 2019

Recent Sample Corporate Trainings:

Tips for Transitioning Back to the Office, NERA Economic Consulting • Feb. 9, 2022; Aera Electric • May 26, 2021 and Dec. 1, 2020; Civitech • Oct. 17, 2019

The Financial Mindset Fix, CXO NOW (Women's Division of the CFO Leadership Council) • Jan. 28, 2022; Aligned Modern Health • Jan. 26, 2022; Waterstone Mortgage • Nov. 9, 2021; Urban Balance • June 25, 2021; PESI • June 23, 2021

Promoting Positive Mental Health & Resilience, Egan's Boot Camp • Oct. 28, 2021; Dakota State University • Oct. 13, 2021; City of Evanston • Aug. 18, 2021; National Oceanic & Atmospheric Admin. • Aug. 17, 2021; Illinois Government Finance Association • June 24, 2021; Central Reach • May 27, 2021; Segal McCambridge Law • May 26, 2021; Gewalt Hamilton Associates, Inc. • May 21, 2021; Egnyte • April 29, 2021; Waterstone Management • Aera Electric • April 13, 2021 and Oct. 15, 2020; IPELRA webinar • Jan. 21, 2021; School Nutrition Association • July 15, 2020; Downtown Evanston • May 28, 2020; Brain Injury Alliance of Arizona • May 1 and April 9, 2020; RedMane Technology • April 23, 2020; The Lodge • March 10, 2020; Boeing • Feb. 18, 2020; Civiltech • Jan. 21, 2020; The Homestead • May 9, 2019

Mental Health First Aid for Leaders & Supervisors, Illinois City Management Association • Oct. 21, 2021; Career Schools Private Education Network • Aug. 18, 2021; Village of Schaumburg, Illinois • July 16, 2021; Civiltech • March 4, 2021; Aera Electric • Feb. 9, 2021; NERA • Nov. 30, 2020; 4Point Consulting • April 1, 2020; Northwest Professional Development Group • Sept. 13, 2019

Mental Health Awareness, Northwestern Mutual • July 26, 2021; NerdWallet • June 3, 2021; Dakota State University • June 2, 2021; Civiltech • Feb. 17, 2021; Kemba • Feb. 15, 2021; Lee Agency • Dec. 17, 2020; Aera Electric • Dec. 15, 2020; NERA • Dec. 1, 2020; San Francisco Chronicle • Nov. 2, 2020; Waterstone Management • Oct. 13, 2020; RedMane Technology • April 23, 2020

Mindfulness in the Workplace, Village of Winnetka • June 9, 2021; Boeing • Sept. 9, 2019; City of Evanston • April 19, 2017

Effective Conflict Resolution, NERA Economic Consulting • March 17, 2021; City of Evanston • Sept. 16 & 10, 2019 and Aug 28, 2019; The Legacy Project • May 17, 2019; Collaborative Law Institute of Illinois • April 3, 2019

Holiday Stress, Waterstone Management • Dec. 8, 2020

Sexual Harassment in the Workplace, The City of Evanston • 40 presentations
• June-August 2019

Sample Recent Continuing Education Trainings:

The Financial Mindset Fix, Illinois Counseling Association • Oct. 30, 2021; CEU Creations • Sept. 24, 2021; TPN • Sept. 22, 2021

Mental Health Awareness, CEU Creations • Oct. 12, 2021; Credible Behavioral Health Software • July 8, 2021

Working with Clients Who Are Experiencing Sexual Harassment in the Workplace, Credible Behavioral Health Software • Oct. 7, 2021; Elderwerks • March 12, 2020 and May 2, 2019; The Carrington • April 9, 2019; Northern Illinois Employee Assistance Professional Assoc. • Feb. 16, 2018

Burnout Prevention/Cultivating Resilience, Pro Bono Counseling • Sept. 28, 2021; CEU Creations • July 22, 2021; The Ecker Center for Mental Health • Sept. 18, 2020; Urban Balance • Sept 10, 2020; Arboria • April 12, 2020; Alabama Counseling Association • Nov. 20, 2019; West Virginia Counseling Association • Oct. 31, 2019; Nebraska Counseling Association • Oct. 10, 2019; Iowa Counseling Association • Sept. 20, 2019; Resurrection Hospital • Aug. 7, 2019; Lutheran General Hospital • June 27, 2019; Maine Counseling Association • April 1, 2019

Mindfulness Practices to Promote Mental Health, Credible Behavioral Health Software • Sept. 2, 2021; Urban Balance • June 9, 2020

Bipolar Disorder: Assessment and Treatment, Credible Behavioral Health Software • Aug. 4, 2021

Dual Diagnosis, National Alliance on Mental Illness • Feb. 11 and 18, 2021; Nov. 10 and 14, 2019; and April 11 and 14, 2019; The Ecker Center for Mental Health • Sept. 18, 2020; Glenview Terrace • Aug. 14, 2019; The Brookdale • June 18, 2019; Elderwerks • May 2, 2019; National Alliance on Mental Illness • April 11 and 14, 2019; Credible Behavioral Health Software • Feb. 26, 2019

Surviving the Roller Coaster of Divorce, My Private Vista • May 13, 2020; Collaborative Law Institute of Illinois • Oct. 8, 2019

How to Start a Private Practice, Alabama Counseling Association • Nov. 18, 2019; Illinois Mental Health Counselors Association • Sept. 15, 2019; Michigan Counseling Association • Sept. 5, 2019

Effective Conflict Resolution, Glenview Terrace • Feb. 27, 2019; Credible Behavioral Health Software • Feb. 26, 2019; Elderwerks • Jan. 30, 2019; EntreArchitect (webinar) • Aug. 1, 2018; North Dakota Counseling Association • Feb. 22, 2015; Argosy University • Sept. 11, 2014; JAMS Arbitration, Mediation & ADR Services • June 19, 2014; Cancer Wellness Center • Sept. 29, 2016

Psychology of Success, Credible Behavioral Health Software • Feb. 26, 2019

International Press:

Global presence includes articles in Argentina, Australia, Bosnia & Herzegovina, Canada, China, Croatia, France, Germany, Italy, Mexico, Netherlands, New Zealand, Philippines, Romania, Russia, Philippines, Spain, Tanzania, Thailand, United Kingdom, and Vietnam.

SOCIAL MEDIA

Alignable | [Joyce Marter Enterprises](#)

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