Welcome to Sparky Life Health Coaching Inc.
Please meet Kathleen Risko, LCSW, and certified Integrative Functional Health Coach

SPARKLY LIFE
HEALTH COACHING

Meet Kathleen Risko, LCSW, and certified Integrative Health Practitioner.

Are you coping with:
anxiety, low mood, irritability, lethargy, apathy, stress, and insomnia?

Kathleen can help you get rid of cravings for alcohol, sugar or other substances.

She also specializes in work life/balance, nutrition Life Transitions, eating disorders, coping skills and overall health and wellness.

Kathleen will also soon be able to run functional labs such as gut tests, hormones, adrenals, Omega tests, food sensitivity and more.

Kathleen Risko, LCSW, has a passion for helping others holistically.
She is skilled in integrating evidence-based psychotherapy techniques:
including EMDR, cognitive behavioral therapy (CBT) and
dialectical behavioral therapy (DBT).

Kathleen focuses on whole-body holistic approaches such as nutrition, nervous system regulation, sleep hygiene, exercise and nutrition.

Kathleen's compassionate care approach supports others in their discovery of inner strengths helping to create positive change.
Please scan the QR code to email Kathleen Risko, LCSW on psychologytoday.com

Please scan the QR code to book a FREE 15 min consultation with
Kathleen Risko, LCSW, and certified Integrative Functional Health Coach
Email: support@onepurplesquare.com or Email: katie@onepurplesquare.com

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HEALTH COACHING

Welcome.

You may be balancing work life responsibilities, sometimes relationships, and the list of responsibilities across the week may result in caregiver burnout, or not enough time to work on self care.

Having a supportive listener to reflect back to you a better way to cope may help you resolve feelings of worry, sadness, anxiety. My work reflects nonjudgemental, empathetic consistent efforts. I have the ability to balance support with clear goal-setting and follow-through.

Role play, reflecting, journaling, challenging belief and thought patterns can help one recognize problems and solutions to support you to find resilience amidst cultural contexts.

My clinical approach is integrative and client-centered, drawing from several evidence- based models depending on client needs. These commonly include: Motivational Interviewing, Trauma-informed care, Strengths-based and solution-focused approaches Family systems theory. I have worked in a wide range of settings. I frequently use practical tools, including: Worksheets and guided exercises Goal-tracking and accountability tools Psychoeducation materials Reflective journaling prompts Skill-building exercises for coping, communication, and stress management. These tools help clients translate insight into action and measurable progress.

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