



**KRISTOPHER
WALTON, LCSW**

**APPOINTMENT OR
BOOKING INFO:**

(208) 403-0135

navigatingyourmind.com

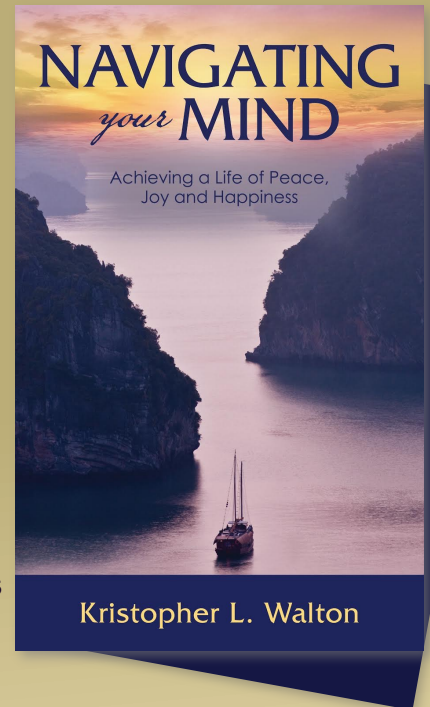
kristopherwalton@gmail.com

**KRISTOPHER L.
WALTON &
ASSOCIATES, LLC**
Clinic Locations

2265 Teton Plaza
Idaho Falls, ID 83404

140 E Broadway
Jackson, WY 83001

Kristopher L. Walton, LCSW is entirely committed to helping individuals and families develop skills and techniques to achieve happy, innovative and creative lives. He has 20 years of experience working with amazing clients and he helps them to achieve remarkable success. His mission is for his clients to create new visions of greater peace of mind, joy in life, and happiness in themselves and their families. Kristopher L. Walton graduated from University of Texas at Arlington. He is a Licensed Clinical Social Worker and mental health therapist. He also continues to serve as a board member on the Idaho State Board of Social Work Examiners.



Kristopher is a published author of *Navigating Your Mind: Achieving a Life of Peace, Joy and Happiness*. His book is about hope, belief, and knowing that anything is possible once you have the wisdom to navigate your mind intellectually, emotional, and spiritually.

**Sampling of Therapy &
Speaking Topics:**

- Effects of Traumatic Experiences
- Overcoming Adversary
- Anger, Aggression, Fighting, Yelling
- Anxiety and Worry
- Depression
- Suicidal Thoughts, Threats, Plans
- Self-Mutilation
- Internet Addictions
- Parent Child Relationship Problems
- Enhancing Family Relationships
- Divorce
- Blended Families
- Forgiveness
- Overcoming Loneliness
- Grief and Loss
- Physical, Sexual, Emotional Abuse

Kris' perspectives and philosophy have been featured at Idaho Society for Human Resource Management (SHRM), at the Department of Energy, the Department of the Navy, as well as other various conferences and businesses.

"If you have always wondered why you think the way you Kris' message is your solution to understanding who you His wisdom will help you achieve complete happiness and fulfillment in life!" – Patrick Snow, International Best-Selling Author of *Creating Your Own Destiny*

