

KK Therapy Group Launches Specialized Therapy Services for High-Achieving Professionals in Houston Emotional Overload

HOUSTON, TX, UNITED STATES,
November 19, 2025 /

EINPresswire.com/ -- KK Therapy Group, a rapidly growing mental health practice based in Houston, announced the expansion of its specialized therapy services designed specifically for high-functioning adults with demanding careers. With rising levels of burnout, chronic stress, and dissatisfaction across corporate, medical, legal, engineering, and entrepreneurial fields, KK Therapy Group is redefining what mental health support looks like for driven achievers and professionals. Our focus is on helping Houston's high performers not only manage stress, but also cultivate greater satisfaction in their work, their relationships, and their overall sense of well-being.



Located in Houston, KK Therapy Group provides an evidence-based and highly personalized therapeutic experience tailored to people who may be thriving on the outside, yet are craving more meaning, connection, and satisfaction beyond their professional success.

"Clients regularly express, 'I've worked so hard to build this life, yet I still feel something missing,'" said Kellie Klinck, Founder and Practice Owner of KK Therapy Group. "The answer isn't more effort—it's slowing down and reconnecting with yourself, with others, and with what truly matters."

Specialized [Therapy Services for High-Functioning Adults](#)

KK Therapy Group offers a wide range of evidence-based modalities tailored to the complex needs of high-achieving adults, including:

CBT ([Cognitive Behavioral Therapy](#))

- Interpersonal Skills & Attachment Therapy
- Acceptance & Commitment Therapy (ACT)
- DBT (Dialectical Behavior Therapy)
- Internal Family Systems (IFS)
- Trauma-Informed Therapy
- ERP (Exposure and Response Prevention)



All services are built to help high performers navigate heavy demands, lower stress and anxiety, and strengthen their ability to stay centered, connected, and emotionally clear.

A Growing Mental Health Crisis for Professionals

According to the American Psychological Association, professionals in high-stress fields are 60% more likely to experience chronic anxiety and depression compared to the general population. Yet many put off seeking support because they feel too pressed for time or believe their concerns aren't "serious enough" to warrant professional help.

KK Therapy Group addresses these barriers with:

Therapists trained in high-functioning anxiety and the isolation that can come with always being "the strong one." and customized treatment plans built around demanding schedules. They offer support for scheduling weekend, evening, and virtual sessions.

"Professionals deserve care that reflects their realities," Kellie added. "Many juggle multiple roles with very little room to pause, yet they carry thoughts and feelings that deserve attention. We provide a space where those responsibilities can be set down and clients can feel grounded, understood, and genuinely supported."

Serving Houston's Thriving Professional Communities

KK Therapy Group supports clients across:

Garden Oaks, River Oaks, Memorial, West University, Heights, Tanglewood, Galleria, CityCentre, and other surrounding neighborhoods.

High-achieving adults seeking therapy can schedule a free, confidential consultation through the practice's website:

www.kktherapygroup.com

About KK Therapy Group

KK Therapy Group is a Houston-based mental health practice specializing in [individual therapy for high-functioning adults](#) and high achievers experiencing anxiety, stress, overthinking, emotional overload, perfectionism, relational dissatisfaction, grief, and depression. The practice offers evidence-based care through CBT, ACT, DBT, IFS, Trauma-Informed Therapy, ERP, and Walk and Talk Therapy. With a focus on professionalism, confidentiality, and compassionate support, KK Therapy Group helps driven individuals build mental clarity, resilience, and healthier connections with themselves and others.

Kellie Klinck

KK Therapy Group

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