Karen got her first instrument, a ukelele, at the age of five and wrote her first song...there was no turning back. Her father and uncle were both Jazz bass players (Whitey and Red Mitchell), playing with the likes of Ella Fitzgerald, Billie Holiday, Woody Herman, Benny Goodman, and the list goes on. As a teenager singing in clubs around L.A., Karen was spotted by film composer John Debney (Iron Man 1 & 2, Princess Diaries, Evan Almighty, The Passion of The Christ) who hired her for her first recording sessions for radio, film, and TV. In between traveling and singing backgrounds for artists such as Barbra Streisand, Johnny Mathis and Deneice Williams, Edwin Starr, and Paul Williams, Karen went on to make a pop-rock album for RCA records, produced by Steve George (Mr. Mister, Kenny Loggins, Al Jarreau, Jewel). Karen's first Country album of all original songs was Produced by legendary songwriter Jerry Fuller (Ricky Nelson's "Travelin' Man", Gary Puckett's "Young Girl") with Dwight Yoakam's band backing her up. She recently had 2 hit recordings in Japan (singing in Japanese), and is a staff vocal coach and background vocal arranger for one of the busiest studios in the L.A. area. Breaking into film and TV as a Singer/ Songwriter, Karen has written and sung songs in feature

films starring Bruce Willis, Julia Roberts, and John Cusak. Karen is also an active member of PETA, the Humane Farming Association, and is currently co-hosting a Poetry as Spiritual Practice Online Daily Class with her fellow Ministerial student Johanna VanGelder. Karen has written a beautiful CD of positive message music called "In This Moment", and is the Director of Music at the Global Truth Center in North Hollywood, California, where, along side Founder Rev. James Mellon, she does a weekly live Celebration Service broadcast, writing original music for each new monthly theme. Karen will graduate from the Emerson Institute in 2016 with her Bachelor's Degree in Philosophy of Religion, and plans to continue to work as a Minister of Music.