Katerina Kitsou was born in Thessaloniki. Her first diploma was with the best degree and prize from the State Conservatory of Thessaloniki. She continued her studies in Musikhochschule in Cologne-Germany, in Han An Liz's class, taking the Diploma and the Konzertexamen with Excellent.

She studied chamber music in Rotterdam's Akademie with VI. Mendelssohn as well. She was taking violin lessons at the same time. She has the degree as a soprano. She took scholarships from Onassis Institution and ACH.. She attended master classes with: Roncea, Kondonassis, Pascualli, Storck, Moretti, Boden, Mathieu.

She was prize winner in the International Harp Competition "Associazione Rovere d'oro" in Italy. She participated in Dimitria Festival, Incontri musicali d'estate in Sicily, Musik Triennale, St. George International music festival as a soloist, in concerts and chamber music pieces, even in several projects of Thessaloniki City Hall, Athens City Hall, State theatre of Northern Greece. In 2013 she played as a soloist with the Orpheus Soloists the Triplo concerto a tre of G. Menotti with the Thessaloniki State Symphony Orchestra. As a soloist she played with TCSO, TSSO, ESO etc. Some of the artists she collaborated with are: Mendelssohn, Jundt, Nikkanen, Numata, Henkel, Jin, Duo Porfiris-Mueller, Amiche quartet, Jones. She gave concerts in Italy, Switzerland, Germany, Netherlands, Ireland, Spain, Belgium, Bulgaria, England, Cyprus and Greece. She was member of the jury in Jugend musiziert and Musizierende Jugend in Rhein-Sieg-Kreis and the chamber music competition of Orpheus Soloists.

She recorded for WDR, the concerto for harp from G. Pierne, H. Purcell and Atmospheres from Eug. Bozza. In 2011 she played in the CD "Homer's Odyssey" composed by N. Karantzis.

Since 2004 is a member of the chamber orchestra Orpheus Soloists and since 2005 she is collaborating regularly as the principal harpist with the Thessaloniki City Symphony Orchestra and since 2014 with Thessaloniki State Symphony Orchestra as well.

In addition to that she teaches in the State Conservatory of Thessaloniki and Sychrono Conservatory. She gave master classes in St. George International music festival,in Royal College of Manchester and in 5th International Summer Harp Academy in Bulgaria.

Katerina Kitsou in 2013 created the harp ensemble PerHarps, the members are students of her and the repertoire is based on her arrangements and her original compositions which are edited in abroad too. PerHarps is the unique harp ensemble in whole Greece which made harp one of the most beloved and well-known instruments on a different way.

During the difficult period of COVID-19 in Italy was created a harp orchestra with 73 harpists of 26 nations, which she was a member in various pieces.