



MarthaElin Mountain

Ed.D., M.A., MFT

MarthaElin Mountain, Ed.D., M.A., MFT is a Licensed Marriage and Family Therapist, Author, Educator, and a Jungian-based Psychotherapist. Her practice focuses on **emotional, relational, and life-stage challenges**, and the deepening process of **personal transformation**.

MarthaElin works with individuals on issues of trauma, anxiety, mood, loss and grief, motivation, emotional management, cancer journey, addictive behaviors, optimal performance, and concerns of aging in midlife and beyond.

MarthaElin Mountain incorporates current research in neurobiology and the brain and in mind-body-spirit dynamics in her work with clients. She tailors her approach with respect for each client's needs, goals, and preferences. ☯ Dr. Mountain is also a **Giftedness Consultant** to individuals, families, professionals.

She holds graduate degrees from Stanford, U.C., Berkeley, and Chapman Universities.



“Whether we meet for therapy, counseling or consultation, my office is your personal sanctuary---a place to feel safe, heard, and validated.”

“I am calm, focused, and experienced.”

**Psychotherapy • Counseling
Consultation**

Online Services Available

Anxiety, Mood, Trauma, Aging, Sensitivity, Perfectionism, Midlife, Relationships, Stress, Aging, Focus, Intensity, Communication, Addiction

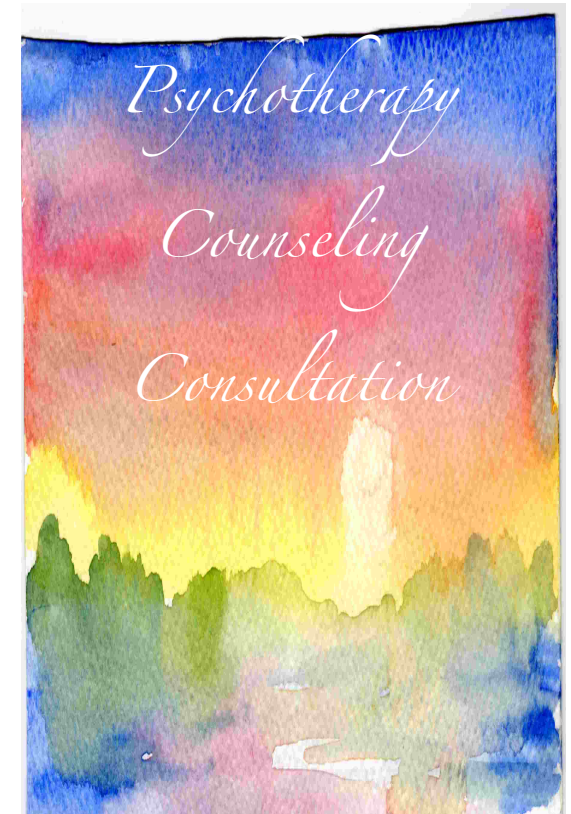


**Author of: Midlife Check-In:
A Guide to Deepening Your Sense of
Self in Midlife and Beyond**

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*Psychotherapy
Counseling
Consultation*

MarthaElin Mountain,

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Licensed Marriage and Family Therapist
EMDR Therapist
Doctor of Education
Midlife and Beyond Specialist

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SERVICES

Psychotherapy

Counseling

Consultation

EMDR Therapy

Assessment

Psychotherapy is “inner work” for personal growth and transformation. It may address anxiety, depression, past trauma, self-image, mood changes, grief and loss, self-sabotage, abuse, identity issues, social and emotional development, addictive behaviors, and personal transformation in midlife and beyond.

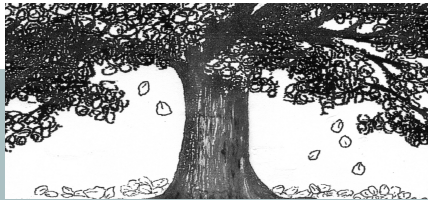
☞ MarthaElin Mountain draws on her years of clinical training and experience with Jungian psychology, on the mind-body connection, current research in neurobiology and the brain. As appropriate, she works with EMDR, Cognitive, Ego-State, Somatic, Coherent, and Image-based Therapies.

Counseling focuses on resolving current challenges, making difficult decisions, healing conflicts in work and personal relationships, regulating emotions, navigating the aging process in midlife and beyond, and acquiring the tools for managing emotions and reducing stress.

Consultation is not psychotherapy or counseling. It is about gathering professional information with guidance and confidentiality. Dr. Mountain responds to your questions or concerns about a specific topic—such as giftedness, addictive behaviors, transitions and role changes, emotional and relational shifts in midlife, neurobiology and the brain, and career shifts.



(Online Services Available)



“Your Tree of Midlife and Beyond is a personal sanctuary—a cradle for ideas, insights, and images that want to emerge and grow in you. Feel held in the spaces between its branches. Be as you are in the moment—and lose track of time. ☞ Oh, and by the way...your Tree is unique: there is a door in it that opens inward.”

FROM:

Midlife Check-In: Who Am I Really?
by MarthaElin Mountain, Ed.D., MFT,
author of **THE MIDLIFE CHECKLIST**©
www.drmarthaelin.com/MidlifeCheck-In.html

EMDR Therapy is a comprehensive therapy that targets the way memories are stored in your brain. It helps you resolve emotional difficulties rooted in disturbing memories, negative beliefs, phobias, trauma, performance anxiety, addictions, abuse, and depression. • EMDR also helps you create a positive future performance or behavior you wish to experience. • EMDR is used all over the world and proven effective with adults, children, and adolescents. •

Visit my website for details:
www.drmarthaelin.com/Services.html

Assessment is an important part of psychotherapy and counseling, especially in early phases. Brief, thoughtful assessments can identify your natural preferences, challenges, strengths and inner resources. They can help us understand effects of past trauma on your moods, beliefs, attention skills, behaviors, and relationships. • Temperament Mapping for couples and families helps identify hidden sources of conflicts and frustrations. •

Visit my website for details:
www.drmarthaelin.com/Assessment.html