

MarthaElin Mountain, Ed.D., M.A., LMFT

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As a Doctor of Education, Licensed Marriage and Family Therapist (LMFT), Author, and Consultant, MarthaElin Mountain brings a unique blend of experience, expertise, and resources to her clients. She balances her professional experience and expertise with a calm, focused, and caring presence in her work.

After 25+ years of teaching and mentoring in Education, Corporate Management, and Leadership Development programs, MarthaElin answered her “call” to the field of Mental Health. Over a 6-year period, she completed her M.A. in Clinical Psychology and the required 3000 internship hours and passed the California State Board exams to become a licensed therapist.

HER BOOK

MarthaElin understands well the psychological and emotional shifts in our Midlife and Post-menopause years. Her first book, *Midlife Check-in: Who Am I Really? A Guide to Deepening Your Sense of Self in Midlife and Beyond*, provides the tools and processes for developing a deeper sense of self and meaning in one’s life. *Midlife Check-in* includes *The Midlife Checklist*, a unique 50-item research-based self-assessment for women and men.

SPEAKING

MarthaElin Mountain has been a frequent speaker and course leader in her community: *Circle of Wisdom*, *Exploring What Makes Life Meaningful*, *Midlife Check-in for Proactive Women*, and *Stress Reduction* are some of the programs she has created and taught.

She has also been a frequent presenter to parents and schools about the unique social-emotional needs and risks of having a gifted brain.

Currently, MarthaElin Mountain presents on topics in two key areas: “Navigating the Transformational Shifts in Our Midlife and Post-Menopausal Years” and “Living with a Gifted Brain in Midlife and Beyond.”

POST-GRADUATE STUDIES

MarthaElin Mountain holds graduate degrees from U.C., Berkeley, Chapman University, and Stanford University.

She has pursued education and training in Jungian Psychology since 2004. MarthaElin is Board-certified by the Sandplay Therapists of America as a Jungian Sandplay Practitioner. She has belonged to a Jungian study group since 2008 and attends Jungian courses given by The Jung Platform, New York Center for Jungian Studies, and Pacific Graduate Institute. MarthaElin regularly attends Continuing Education courses relevant to her therapy and consulting practices.