



MarthaElin Mountain

Ed.D., M.A., MFT

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

MarthaElin works with issues of trauma, anxiety, mood, grief, perfectionism, emotional self-regulation, cancer journey, high sensitivity and intensity, concerns of aging, loss, and identity 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, and 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

Anxiety, Mood, Trauma, Aging,
Sensitivity, Perfectionism, Midlife,
Relationships, Stress, Aging,
Intensity

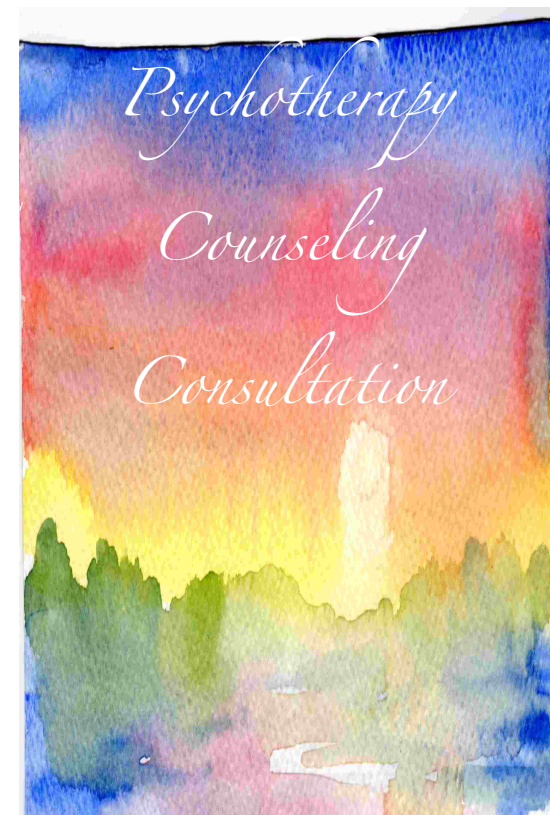


*Author of: Midlife Check-In:
A Guide to Deepening Your Sense of
Self in Midlife and Beyond*
and

“The Midlife Checklist”©

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Psychotherapy Counseling Consultation

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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, social and emotional development, identity 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, Mind-Body, Sensorimotor, and Image-based Therapies.

Counseling focuses on resolving current challenges, questions of identity, 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 and reducing stress.

Consultation is not psychotherapy or counseling. It is about gathering professional information, with guidance and confidentiality. **Proactive women in midlife and beyond** consult with Dr. Mountain about life changes and next steps. She also responds to personal questions or concerns about a specific topic---such as giftedness, transitions and role changes, emotional and relational shifts in midlife, neurobiology and the brain, and career shifts. ☞ MarthaElin Mountain guides women to create their unique **Midlife Circle Event** to honor a transition, a personal triumph, a new lifestyle. Gather friends, share insights, and celebrate...



“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©**

<https://www.Midlife60plus.com>



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, 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

Assessment is an important part of psychotherapy and counseling, especially in early phases. Brief, thoughtful assessments can identify your challenges, strengths and inner resources; help us understand effects of past trauma on your moods, beliefs, attention, behaviors, and relationships.

• Temperament Mapping helps identify sources of conflicts and frustrations in your relationships

Visit my website for details about my practice:

<https://www.drmarthaelin.com>