



Individual  
Counseling  
and  
Therapy

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

We all have times when it can be helpful to talk to someone about a challenge or difficulty in our life. Our concern may be from the past or present, or it may be a difficulty we anticipate.

If this is such a time for you, individual online Counseling or Therapy may be an opportunity for you--a space for learning and exploring reasons for the difficulty, as well as ways to manage or to resolve your challenge.

[Let's clarify the difference between "Counseling" and "Therapy":](#)

COUNSELING addresses a current matter, usually with a problem-solving and skill-building approach. The process typically includes zeroing in on the essence of a problem--what lies at the heart of the matter--and defining the most appropriate and possible solutions or ways to improve the situation sooner rather than later. A counseling process identifies and draws on your personal strengths and resources and teaches the skills you need for working through your concern and managing the results you desire.

[COUNSELING may include these areas of focus:](#)

Letting Go  
Empty Next  
Perfectionism  
Procrastination

Positive Self-Talk  
Difficult Decisions  
Presentation Anxiety  
Navigating Life Shifts  
Practical Problem Solving  
Manage Challenges of Aging  
Pandemic Stress Management  
Stress Management for High Achievers

THERAPY focuses on personal healing, growth, and transformation.

In my online practice, individuals seek therapy for:

Inner Conflicts  
Feeling "Stuck"  
Mild Depression  
Anxiety Concerns  
Confidence Issues  
Cancer Journey Support  
Achievement Roadblocks  
Self-image in Midlife and Post-menopause Years

#### CONFIDENTIALITY:

Unless we explicitly agree otherwise, our telehealth exchange is strictly confidential. Online Counseling and Therapy services are subject to the same laws of confidentiality as such services provided in person in my office. This is why I use Doxy.me, a HIPAA- and HITECH-compliant platform for virtual office visits.

#### PLEASE NOTE:

Because of the "distance" factor, as well as the limitations of virtual engagement for handling emergency circumstances, the therapy issues listed below are not appropriate for online therapy. The Standard of Care for these issues is in-person therapy, not online services:

Self-Harm  
Suicidality  
Schizophrenia  
Panic Disorder  
Eating Disorders  
Substance Abuse

Complex Trauma  
Bipolar Disorders  
Major Depression  
Personality Disorders  
Conditions of High Anxiety

CONTACT ME with any questions you may have or to set a time for exploring your interest in online counseling or therapy with me: [MEMdocMFT@gmail.com](mailto:MEMdocMFT@gmail.com) or 831.624.5773.

<https://www.drmarthaelinonline.com>  
<https://www.midlife60plus.com>  
<https://www.drmarthaelin.com>