

Welcome!

My practice is dedicated to helping you resolve immediate concerns and stress, and heal past issues. □ My intention is for you to feel heard and validated, to become clear and confident, and to succeed with your goals. □ I welcome adults, couples, professionals, and children to my practice.



Focus on Giftedness

The unique social and emotional challenges of being a gifted individual or couple is an added focus in my practice. *As a community resource,* I consult with adults, couples, parents, and educators about the specific challenges of being gifted and of living or working with a gifted person. *As a therapist,* I provide gifted clients with appropriate support and strategies to address their unique emotional and social needs. I help them understand and manage their special blend of gifts and challenges.



As a licensed therapist and a Doctor of Education, I offer a unique blend of expertise, experience, and resources to my clients.

Dr. Martha Elin Mountain

Licensed Marriage and Family Therapist #44689
Doctor of Education



- ◇ Resource to Gifted Adults and GATE Families
 - ◇ Certified Sandplay Practitioner
 - ◇ Victim-of-Crime Affiliate
 - ◇ Certified EMDR Provider
 - ◇ Performance Tools

Concerns with:

anxiety, mood
stress, performance
stress, sensitivity, intensity
relationships, communication
perfectionism, self-sabotage
motivation, parenting
trauma, transitions
individuality

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*Gifted
Adults, Couples, Children*

*Consultation, Counseling, and
Psychotherapy Services*

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The Uniqueness of Gifted Individuals

Gifted individuals experience life in ways that are qualitatively different from the norm. Their advanced creative or intellectual capacities and their sensitivities give rise to emotional depth and intensity; they not only **think** differently but also **feel** differently than others do.

In a culture that values “sameness,” gifted adults and children may feel out of place. They might not feel understood for their curiosity, drive, sensitivity, nonconformity, quest for perfection, and their search for justice and meaning. As a result, gifted individuals may point a critical finger at themselves: “*What’s wrong with me? Why can’t I be like everybody else? Why don’t I feel happy? How can I be accepted? Will I ever feel normal?*”

Certain gifted traits are often mistaken for learning disabilities, immaturity, or behavior problems. Frequently, the very traits that make someone gifted are the ones that others want the person to suppress or to give up. **Gifted adults who have learned to deny their giftedness** have spent years hiding their natural tendencies for creative and intellectual expressions. The result may be frustration, boredom, lack of fulfillment, loneliness, resentment, low self-esteem, and/or depression.

Common Myths About Giftedness:

- ◇ *Myth: Giftedness depends on IQ.*
- ◇ *Myth: A bright mind makes its own way.*
- ◇ *Myth: Gifted children become eminent adults.*
- ◇ *Myth: Gifted people do well in all areas.*
- ◇ *Myth: High achievers are the gifted learners.*
- ◇ *Myth: “Smart” or “gifted” is the same.*
- ◇ *Myth: Giftedness means being motivated to work hard.*
- ◇ *Myth: Gifted children are better adjusted, happier, and more popular than “average” children*

Giftedness in children can mask or be masked by other difficulties:

- ◇ *Boredom with lack of intellectual challenge may lead to underachievement.*
- ◇ *High intensity and need for stimulation may lead to misdiagnoses as behavioral, educational, or mental health issues.*
- ◇ *Exceptional talent in one area might mask learning disabilities in another area.*
- ◇ *Asynchronous development of emotional, intellectual, or social skills may lead to difficulty fitting in or to feeling out of step with peers.*

Good Professional Support Is A Resource That Doesn’t End

Gifted adults, couples, and parents of gifted children seek professional guidance for many reasons. Consultation, preventive maintenance, assessment, and/or therapy can all be useful in managing the challenges that come with giftedness. A trusted therapist, with expertise in the unique needs and challenges of gifted individuals, can serve as guide, advocate, or anchor point for clients seeking support.

Dr. MarthaElin Mountain provides therapy, brief counseling, and consultation for adults, couples, professionals, and children. She shares her expertise regarding the implications of giftedness for mental health. She helps individuals become comfortable with themselves, their gifts, and their place in the world.

Dr. Mountain counsels couples living with the challenges that giftedness brings to relationships.

She provides consultation for parents of accelerated children to help them understand and manage the complex emotional needs of their child. She helps parents understand the modifications in parenting and in education that may be required to help their child develop optimally. **A 5-week group is held periodically for parents of gifted children.**

