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**Psychotherapy • Consultation**  
Adults, Parents, Professionals

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Licensed Marriage and Family Therapist  
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Giftedness Consultant

## **Consultation (Non-therapy) Services**

### **CONSULTATIONS RE: GIFTEDNESS**

#### **Option 1: One-Session Consult about Giftedness**

This session is for individuals, couples, and parents seeking professional information about the unique social, emotional, and identity issues of gifted individuals and ways in which that information relates to challenges in their relationships, work, and personal development.

*One 50-Minute Consult*

#### **Option 2: Three-Session Parent Consult Re: Child/Teen**

**Session #1:** 50-Minute Parent Appointment with **focused discussion** of a specific concern re: child/teen

**Session #2:** 50-Minute Child/Teen Appointment for **observation and qualitative assessment** (*If young child requests, parent is welcome.*)

**Session #3:** 50-Minute Parent Appointment with **specific feedback and recommendations**

*(The 3-session consult takes place within a 4-week period.)*

### **CONSULTATIONS RE: ADULT CONCERNS**

#### **Option 1: One Session: Performance, Aging, Life Shifts, or Problem-Solving**

This consult session is for individuals and couples seeking information and guidance related to one of the following:

- **Performance enhancement:** work, public speaking, creativity, family role, focus/organization/time management
- **Midlife, Aging**
- **Life Shifts**
- **Problem-Solving** (Unraveling, sorting out, clarifying a specific situation)

*One 50-Minute Consult*

#### **Option 2: Two-Session Consult: Assess, Clarify, Plan, Gather Tools**

**Session #1** (50 minutes): Assess, define, and prioritize critical aspects of the concern

**Session #2** (50 minutes): Map out next steps and tools, anchor personal resources

*(The Two-Session Consult takes place within a 2-3 week period.)*

**NOTE: Consultation is not therapy. Read, sign, and date below:**

Consultation is for gathering professional information and/or assessment input for decision making and consideration of next steps. It is not therapy. *I/We have read and understand the above statement.*

Printed Name/s: \_\_\_\_\_ Signature/s: \_\_\_\_\_ Date: \_\_\_\_\_