

GLORIA MARTIN, MA LPC, LMFT FACT SHEET

WHY SHOULD I CHOOSE A MARRIAGE AND FAMILY THERAPIST?

Marriage and family therapists are mental health professionals who treat a wide array of disorders working with individuals, couples, and families. Marriage and family therapy is a strength based approach that supports people in the discovery of answers to their problems. Research supports the effectiveness of marriage and family therapy in treating a wide range of mental health issues. Clients report that they are highly satisfied and find the services provided by marriage and family therapists to be cost-effective, short-term, and a solution-oriented form of treatment.

SERVICES:

- Individual, couple, and family counseling
- Group counseling
- Marriage and family enrichment
- Teambuilding, debriefing and coaching
- Leadership development

ISSUES ADDRESSED:

- Couple and family issues
- Conflict management
- Parenting
- Communication concerns
- Feelings of inadequacy
- Depression or low self-esteem
- Difficulty relating to peers or authority
- Work or home performance problems
- Unexplained physical problems
- Postpartum depression
- Difficulty setting goals
- Grief and trauma
- Women's issues

LOCATION AND CONTACT INFORMATION:

Physical Address: 7502 Greenville, Ste. 500 (NE corner of Greenville & Walnut Hill)

Phone: 214-890-4047

Fax: 214-890-9295

Web: www.discoveringgrowth.com

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CREDENTIALS:

Gloria holds a Bachelor of Science degree from Auburn University specializing in family and child services and a master's degree in family therapy from University of Houston-Clear Lake. Gloria is licensed by the state of Texas as a LPC (licensed professional counselor) and an LMFT (licensed marriage and family therapist). Gloria was trained at The Family Studies Center by Dr. Robert Beavers and Connie Cornwell, MA, LPC, LMFT.