



# Counseling on Wheels, LLC

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***Mariana de Martinez, M.A.***

*Licensed Professional Counselor*

*Board-Certified National Counselor*

*Fluent in Portuguese and Spanish*

Her approach is focused on a wellness model, rather than on a medical model. The individuals and their families are not seen as sick, but instead needing guidance and support in a realistic manner because life is complex. She provides a nonjudgmental, compassionate and safe space to explore all kinds of concerns by empowering diversity

in the youth and their families. Furthermore, she believes that counseling is a collaborative effort between the counselor, the youth and the family to identify goals and potential solutions to problems which cause emotional turmoil. She also seeks to improve communication and coping skills, strengthen self-esteem, and promote behavior change and optimal mental health, so that the families can on their own live a purposeful and joyful life.

She has more than 7 years of experience working as an Intensive In-Community (IIC) Counselor. Some of her areas of expertise and her strengths are trauma focused and cultural awareness. However, she has had multiple trainings in eating disorders, substance abuse, depression, anxiety, grief, sexual abuse, couples' therapy, mindfulness, suicide awareness, self-mutilation, multicultural awareness, and the Nurtured Heart approach.

Her treatment approach is solution-focused, youth and family driven, and goal oriented. Some of the theories and techniques that she uses are Person-Centered Therapy, Solution Focused Therapy, Cognitive Behavior Therapy (CBT), Play Therapy, and Mindfulness.

