

Tammie D. Martin, M. Ed.

Licensed Professional Counselor-Supervisor

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South Austin
COUNSELING SERVICES

“Everyone has the innate capacity to achieve the most satisfying life, to identify, meet, and exceed personal goals, to overcome obstacles, and to positively enhance overall life quality.”

SPECIALTIES

- Anxiety and Depression
- Child and Adolescent Issues
- Post-Traumatic Stress Disorder
- Divorce and Step-Family Issues
- Grief and Loss Issues
- Stress Management
- Learning Differences and ADHD

SERVICES

- Individual Counseling
- Group Counseling
- Family Counseling
- Training Groups
- Consultation/Advocacy Services
- Play Therapy
- Coaching

Tammie provides professional counseling services in the comfort of a confidential and relaxed atmosphere. Since beginning her practice in 1998, she has gained a reputation for engaging in a therapeutic relationship with each client or group, designed to alleviate distress and promote personal growth. Confidentiality is the cornerstone of her practice. She believes that people who seek therapy are individuals who have the courage to face life’s challenges, the strength to seek assistance, and the wisdom to actively develop skills for healthy living.

Tammie guides each client or group through a dynamic process to assist in identifying individual strengths, reduce stress, and improve overall quality of life. She helps identify areas of concern and then works to address those areas. Together with each client, Tammie develops an “action plan” to address problems and plan solutions. Her highly skilled and experience-based techniques provide specifically tailored interventions and services.

CREDENTIALS AND EXPERIENCE

- Licensed Professional Counselor-Supervisor
- Masters of Education in Counseling Degree
- Bachelor of Arts in English and Speech Degree
- Certified All Level Professional Counselor by the Texas Education Agency
- Continues to present workshops and conferences at universities, schools, and corporations
- Has served as an Adjunct Professor at Texas A&M branch
- 11 years experience in public school settings from Pre-K through 12th grade
- 14 years experience in private practice
- Founder and Director of South Austin Counseling Services, LLC
- Has provided therapeutic, coaching, and training services to hundreds of individuals
- Has provided consulting services to businesses and organizations
- Receipt of the 2007 Outstanding Alumni Award at Tarleton State University
- Mental Health Representative to the Hays CISD Student Health Task Force

For additional information call 512-280-5315 or visit southaustincounselingservices.com

HOPE LIVES HERE