

Welcome! The following information is designed to present my credentials and approach to counseling

The Therapist

I am married and have two grown children. My highest degree is a Masters in Counseling from Portland State University. I am an Oregon Licensed Professional Counselor and a National Certified Counselor. I am a current member of the Oregon Counseling Association and the American Counseling Association.

My services are rendered in a professional manner consistent with the ethical standards set by the above associations, as well as those of the Oregon Board of Licensed Professional Counselors and Therapists, and the American Association for Marriage and Family Therapy.

As a Licensed Professional Counselor, I participate in required annual continuing education in the areas relevant to this profession and of special interest.

Reasons for Seeking Counseling

Individuals, couples and families all have their own reasons for seeking the help of a professional counselor: to solve problems and deal with issues arising from normal growth and developmental changes; to face unexpected events or crises, and; to increase satisfaction and meaning in their lives and relationships. Distress signals that might indicate the need for counseling include: persistent

dissatisfaction with marriage or family life; constant work related problems; behavioral or school problems of children; sexual problems or concerns; difficulties in communicating with others; feelings of loneliness, depression, inadequacy, or anxiety; problems managing anger; difficulties in setting or reaching goals, or making decisions; alcohol or drug use problems; drastic changes in weight or eating patterns.

Counseling Approach

I counsel individuals, couples and families who I believe have the capacity to resolve their own problems with my assistance. I believe that as people become more accepting of themselves, they are more capable of finding happiness and contentment in their lives. However, self-awareness and self-acceptance are goals that sometimes take a long time to achieve. Some people need only a few counseling sessions to achieve their goals, while others may require several months. As a client, you are in complete control and may end our counseling relationship at any point. A result of effective counseling should enable you to face life's future challenges without the therapist's direct support or intervention.

Counseling, however, cannot be effective if you only concentrate on your issues and concerns once a week. Therefore, as part of my approach, I will ask that you do specific activities and/or read specific books that will help to speed up the time it takes for you to work out your concerns and problems.

My approach to counseling includes a blend of Family Systems Theory, Adlerian, Existential, Cognitive-Behavioral, Rational-Emotive, and Reality Therapies.

Types of Services

I provide the following types of counseling services:

- Adolescent Counseling
- Individual Counseling
- Premarital Counseling
- Couple/Marital Counseling
- Family Counseling
- Step/Blended Family Counseling

Types of Problems

I have experience with the following issues:

- Anxiety
- Depression
- Marital Conflict & Enrichment
- Communication Skills
- Sexuality/Intimacy Issues
- Family/Step-Family Problems
- Dysfunctional Families
- Separation/Divorce
- Remarriage
- Premarital Assessments
- Relationship Issues
- Parent/Child/Teen Conflict
- Adolescent Growth & Development
- Adult Children of Abuse (Physical/Sexual/Emotional)

- Co-Dependency Issues
- Family-of-Origin Issues
- Personal Growth
- Self-Esteem Issues
- Stress Management
- Anger Management
- Men's Issues
- Bereavement and Loss
- Religious Issues

Sessions and Fees

Weekday, evening and Saturday morning appointments are available.

Sessions last 50 minutes unless otherwise arranged.

I can bill many insurance policies.

I offer a sliding fee scale to those clients or families experiencing financial difficulty.

Helpful Hints for Your First Session:

- Make a list of ideas you want to talk about.
- Don't be afraid to ask questions.
- If feelings come up, stay with them and express them.
- When the session is over, you should feel you were heard.

**1335 Cannon Street, SE
Salem, Oregon 97302**

Transit: 13th @ McGilchrist (0.1 mi NE)  06



From Downtown:

Head east on Center St NE toward Church St NE

Turn right onto 12th St NE

12th St NE turns slightly left and becomes 12 ST SE

Sharp left onto 13th ST SE

Turn right on Cannon St SE

From South Salem:

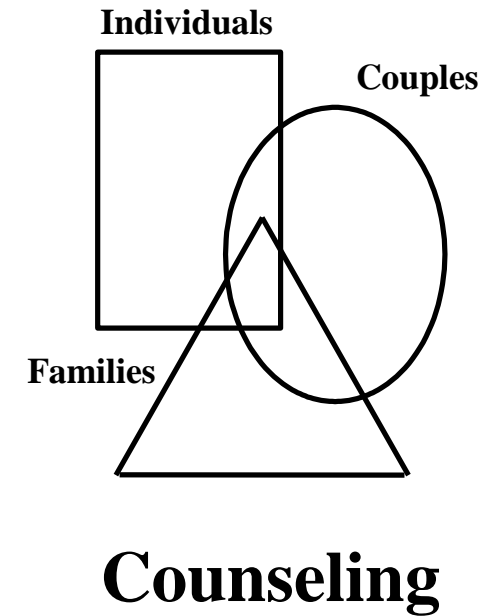
Drive north on Commercial Street

Slight right onto 12th St Cutoff SE

(or turn east onto Madrona Ave SE
Turn left onto 12th St)

Turn right on Cannon St SE

Park behind or beside the building in a non-reserved space



MARTIN J. GAY, MS

Licensed Professional Counselor (LPC)
National Certified Counselor (NCC)

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