

# Martha Aguilar, LMFT

CA: #108963 | WA: # LF61012010

(360) 200-8788

martha.aguilar.lmft@terapianepantla.com

## SUMMARY

I am a trained psychotherapist, creative professional, and business owner with a diverse skill set that extends beyond clinical work. My experience spans mental health, education, administration, and media, allowing me to bring a dynamic and innovative approach to any setting. I am deeply committed to supporting underrepresented communities, blending evidence-based therapy with holistic and traditional healing practices to create accessible and culturally responsive care. Whether in direct client work, administration & operations, or creative projects, I seek to apply my expertise in ways that support the mission and goals of an agency or organization that can benefit from my skills.

## PSYCHOTHERAPY AND CLINICAL

- Individual and group therapy
- Immigration evaluations
- Ketamine Assisted Psychotherapy
- Psychological assessments
- Expressive arts therapy
- Diagnosis
- Suicide assessment
- Crisis intervention
- Treatment plan development

## AREAS OF CLINICAL EXPERTISE

- Adults and adolescents
- First-generation students, graduates, and professionals
- Latine/x-centered psychotherapy
- Incarcerated youth
- Adult Children of Alcoholics & Dysfunctional Families
- Foster youth
- Workplace Trauma
- Oppression Trauma

## TRAINING AND CERTIFICATIONS

- NBCC Approved Continuing Education Provider (#7668)
- Trauma-Informed Creative Art Therapy
- Complementary and Alternative Therapies
- SoulCollage® Facilitator
- Brainspotting Phase I & II
- Somatic Trauma Healing
- Generative AI Explorer - Vertex AI
- Therapist AI Law & ChatGPT Ethics
- Prompt Design in Vertex AI
- The Ethics of AI
- Xinachtli Facilitator
- El Joven Noble Curricula

## ADMINISTRATION & OPERATIONS

- Quality Assurance/Utilization Management
- Private practice operations and management
- Organizing/streamlining processes
- Committee development and facilitation
- Hospital stay authorizations
- Policy Development
- Employment recruitment
- Insurance billing
- Research and fact-checking
- Staff training facilitation

## DIGITAL MEDIA & CONTENT CREATION

- Podcasting (hosting/production)
- Video editing
- Sound engineering
- Social media management
- Online course development
- Content writer (blogs, newsletters)
- Workshop development and facilitation
- Email marketing
- Website building

## TECHNOLOGY & SOFTWARE

- Large Language Models (LLM):
  - ChatGPT
  - Gemini
  - Perplexity
  - Co-pilot
- Google Workspace
- Microsoft Office
- Riverside Podcast Platform
- Auphonic
- GarageBand
- Descript Video Editor
- OpenShot Video Editor
- iMovie
- YouTube

## HOBBIES AND INTERESTS

- Digital collage
- Bookbinding
- Art journaling
- Herbalism
- Photography
- Watercolor
- Tarot
- Curanderismo


## ADDITIONAL INFORMATION

- Bilingual (English Spanish)
- Founder/facilitator of the Latine/x in Private Practice Support Group
- Strong interest in Artificial Intelligence (AI) in mental health
- Cultural Humility/DEI training development

## WEB LINKS

 [terapianepantla.com](http://terapianepantla.com)

 [marthaaguilar](https://www.linkedin.com/in/marthaaguilar)

 [terapia\\_nepantla](https://www.instagram.com/terapia_nepantla)