

# PROVIDER PROFILE

## Martha Svoboda, LMHC



### Behavioral Health

Martha Svoboda joined Mason Health's Behavioral Health team in September 2021. She has experience providing mental health services to adults and adolescents in the forensic and rural community health setting.

Svoboda utilizes a Cognitive Behavioral Therapy (CBT) and Motivational Interviewing (MI) approach in working with individuals facing life transitions, relationship issues, mood disorders, personality disorders, depression, anxiety, and those struggling with work/school stress.

She has experience treating individuals with co-occurring disorders and recently completed her post-graduate substance use disorder certification because she is passionate about whole-person care. Svoboda was born and raised in the Pacific Northwest and enjoys hiking, being outdoors, and spending time with family and friends.

### Special Interests

Holistic and trauma-informed mental health care, treating individuals with Post Traumatic Stress Disorder (PTSD) using Cognitive Processing Therapy

### Practice

Mason Clinic – Primary Care  
1701 N. 13th Street  
Shelton, WA 98584  
(360) 426-2653

### Professional Degree

BS, Psychology, Liberty University, Virginia, 2011  
MA, Professional Counseling, Liberty University, Virginia, 2014

### Certification

Licensed Mental Health Counselor  
Post-Graduate Certificate, Substance Use Disorder Professional, City University of Seattle, 2021



**Mason Health**

Mason General Hospital • Mason Clinic



10/2021