



GILZA FORT
MARTÍNEZ, LMFT

solution-driven guidance
**The road to growth
isn't fixed**

Speaker / Media Kit

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Meet Gilza

Tough Love Healer

Gilza Fort-Martinez, LMFT believes that the road to healing and growth isn't fixed. As a bilingual (Spanish speaking) licensed marriage and family therapist with over 20 years of experience in conflict resolution, family relationships, and women's issues, she has successfully helped individuals in the community rediscover and create paths of resolution that have turned their lives around.

Through honest feedback and a solution-driven approach, My Navigational Mapping™, she meets patients where they are emotionally and guides them in building an abstract comprehensive roadmap that helps increase self-awareness, and explores safe paths that bring them to a place of emotional wellness.

A graduate of University of Miami, Gilza is the founder and CEO of Resolution Counseling Center, a private practice in Miami, Florida. Her passion for helping individuals improve their lives drives her to continuously find ways to reach the community, which is why when she's not working directly with individuals and couples, she can be found leading a workshop or lecturing on a wide range of topics including stress management, building intimacy, improving communications, infidelity and forgiveness, and women in life transitions.

She is compassionate, caring and has a no-nonsense approach that makes her an entertaining and dynamic speaker. Gilza combines her significant experience and expertise with humor and straight talk leaving audiences inspired, informed and well-equipped to think outside the box and develop their paths for resolutions.



Services

Gilza offers in-person counseling in Miami, FL and virtually nationwide - For individuals, couples and families.

Individual Therapy

Looking to make changes in your life? Are you searching for clarity?

Through one-on-one sessions, we'll work together to make sense of your current situation and explore safe paths that will help you nurture your thoughts and feelings and bring you to where you want to be with yourself.

Examples of issues addressed in therapy with individuals include the following but are not limited to:

- 🌿 Self-Esteem
- 🌿 Work and Career Issues
- 🌿 Relationship Issues
- 🌿 Life Transitions
- 🌿 Grief and Loss

Couples Therapy

Relationships require work. Successful and loving relationships are a result of continuous effort

Together, we will work on strengthening your relationship with yourself and your partner, because without loving yourself first, you won't be able to provide your partner with that same love and support. We will discover effective ways to manage conflict and communicate, and rediscover what brought you and your partner together.

Examples of issues addressed in therapy with individuals include the following but are not limited to:

- 🌿 Intimacy
- 🌿 Communication
- 🌿 Infidelity
- 🌿 Acculturation
- 🌿 Trust and Betrayal

Family Therapy

A healthy family relationship is an essential part of our well being. Families provide us with a sense of identity and belonging.

Together, we will work to find healthy ways of dealing with everyday problems encountered in life. We will determine the needs of your family and how to implement the appropriate changes that work.

Examples of issues I address in therapy with couples include the following but are not limited to:

- Behavioral Issues
- Parenting or Co-parenting
- Family Conflict
- Divorce
- Empty Nesters

Speaking\Workshops

Gilza can create tailored workshops

Popular Topics

Corporate

- Stress management in the workplace
- Adjusting to the workplace and dealing with personal change
- Leadership and team building skills
- Conflict management and resolution
- Customer service improvement

Individual, Couples, and Family Wellness

- Dealing with life transitions
- Understanding and processing grief and loss
- Prioritizing self-love
- Effective communication and marriage
- How to truly build intimacy
- Handling infidelity and forgiveness
- Acculturation in relationships
- Family relationships and generational gaps
- Empty nesting truths

