



Gifted, Talented, Highly Creative Individuals and Couples

Consultation • Counseling • Psychotherapy

MarthaElin Mountain, Ed.D., M.A., MFT

831.624.5773

www.drmarthaelin.com • MEMdocMFT@sbcglobal.net



The Uniqueness of Gifted Individuals

Gifted individuals experience life in ways that are qualitatively different from the norm. Their advanced creative or intellectual capacities and their sensitivities give rise to emotional depth and intensity; they not only **think** differently, they also **feel** differently than others do.

In a culture that values “sameness,” gifted adults and children may feel out of place. They might not feel understood for their curiosity, drive, sensitivity, nonconformity, quest for perfection, and their search for justice and meaning. □ As a result, gifted individuals may point a critical finger at themselves: *“What’s wrong with me? Why can’t I be like everybody else? Why don’t I feel happy? How can I be accepted? Will I ever feel normal?”*

Certain gifted traits are often mistaken for learning disabilities, immaturity, or behavior problems at work and at school. Frequently, the very traits that make someone gifted are the ones that others want the person to suppress or to give up.

Gifted adults who have learned to deny their giftedness have spent years hiding their natural tendencies for creative and intellectual expressions. The result may be frustration, boredom, lack of fulfillment, loneliness, resentment, low self-esteem, and/or depression.

