



**Mera M. Atlis, Ph.D.** is a licensed clinical psychologist specializing in the evaluation and treatment of depression, anxiety, burnout and post-traumatic stress. She also helps people who have concerns about their alcohol and drug use. She specializes in treatment that can help coping with intense and often painful emotions.

Dr. Atlis received her Ph.D. in Clinical Psychology from the University of Minnesota. She has an extensive background in psychological assessment, including personality assessment with the MMPI-2 and MMPI-A. Her clinical experiences in Minnesota included the Post-Traumatic Stress and Substance Abuse Recovery services at the Minneapolis VA, Walk-in Crisis Counseling Center, Child Neuropsychology unit at the Mayo Clinic, and the Center for Victims of Torture.

As part of her full internship at the University of Chicago, Dr. Atlis provided individual and group psychotherapy at the Center for Cognitive Therapy (specializing in cognitive-behavioral therapy for depression) and the Emotion Management Program (specializing in Dialectical Behavioral Therapy). More recently, she has been a clinician at the Stimulant Treatment Outpatient Program at UCSF and the Substance Abuse Recovery Program at Oakland Kaiser.



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## Mera M. Atlis, Ph.D.

License #PSY20777



For a complimentary  
phone consultation,  
please call

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Personal, Private, Confidential

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### Individual and Group Psychotherapy

- **depression**
- **anxiety**
- **post-traumatic stress**
- **substance abuse**
- **burnout**




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“What lies behind us and what lies before us are tiny matters compared to what lies within us...”

~ Ralph Waldo Emerson ~

## Approach to Treatment

I strive to create a safe, nonjudgmental, genuine connection with my clients because of my strong belief that without trust in a relationship, therapeutic or otherwise, no lasting change can happen. I also recognize that being overwhelmed is common when you are trying to create change in your life. I take an active, practical, empirically-based approach to help you formulate your goals and to support motivation on your journey to restore a sense of control and well-being.

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### Your treatment options are:

- Comprehensive diagnostic evaluation
- Collaborating with your physicians about your health concerns (e.g. psychiatric medications)
- Individual & group therapy:
  - Cognitive-Behavioral approaches
  - Emotion regulation and stress management
  - Interpersonal effectiveness strategies and social support
  - Motivational enhancement
- Substance abuse counseling:
  - Relapse Prevention
  - Psychoeducation
  - Harm Reduction



## Dr. Atlas can help you...

### Increase your ability to change

- Set realistic goals & expectations
- Develop consistency in how you make and keep your commitments to yourself and others
- Reward yourself in healthier ways

### Improve safety, emotional control, & stress management

- Identify & remove yourself from harmful situations
- Overcome emotional blocks
- Increase self-nurturing activities
- Learn grounding techniques (mindfulness, relaxation, healthy distractions, etc.)

### Examine & challenge your thinking

- Notice what you say to yourself and how it might connect to your feelings and behavior
- Become more open with yourself and examine your beliefs

### Improve your relationships

- Learn about boundaries, intimacy, & ways to make them better
- Role-play challenging social situations

### Break the cycle of substance abuse

- Develop coping strategies for cravings, triggers, & high risk situations
- Engage in relapse prevention such as

## Did you know that...

- Burnout can weaken one's immune system and create vulnerability to colds and the flu, as well as more serious medical issues like heart disease & type 2 diabetes. Burnout is also connected to a broad range of mental health problems.
- Major Depression is the leading cause of disability in the U.S. It also tends to co-occur with anxiety disorders and substance abuse.
- Anxiety is a common symptom of many conditions. It is often expressed through unreasonable fears, avoidance, panic attacks, and excessive worrying.
- 70 percent of U.S. adults have experienced a traumatic event at least once in their lives, and up to 20 percent of these people go on to develop Posttraumatic Stress Disorder, or PTSD.
- About 5 million users of illicit drugs and 18 million people with alcohol use need treatment but only 25% receive it.
- Integrated treatment of multiple problems is essential. For example, research shows that treating both substance abuse and mental health problems together is more effective than addressing each issue separately.
- On average the typical therapy client has better improvement than 70-75% of untreated individuals.

