

Marléne Rose Shaw

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Couples Sessions: Your Questions Answered

We're not sure what to expect?

If you've never been to see a therapist before, you may be worried about what to expect. This is quite usual, but people often feel greatly relieved that they have come along for sessions. This is your first step in making positive changes for your relationship.

How many sessions will we need?

It's hard to say how many sessions you'll need until we meet and discuss what is troubling you. As a general guideline, we'll meet for 6 sessions, once per week (or fortnight if you prefer). After this we'll meet less often, usually once per month for further sessions as required.

Will we have homework in between sessions?

Yes, I may give you worksheets to fill out, or suggest exercises for you to practice between sessions. Often couples find this very useful. It is an integral part of you working on your relationship.

How long are the sessions?

Sessions are for 1 hour and 10 minutes- in my experience this is the optimum length of time for you. It allows plenty of time to work on your needs without becoming too overwhelming

How much will our sessions cost?

70-minute session: €100.00 per session / €85.00 per session (6 prepaid sessions)

How do we pay for the sessions?

You can pay by cash - or if you prefer to pay by bank transfer, I will give you the details.

Are you specifically qualified in Couples Therapy?

Yes, Couples Therapy is a special type of therapy and it's important that you get help from someone fully qualified in this field.

I hold a Post-Graduate Diploma in Couples Counselling and am a member of the CCN, the Couples Counselling Network. And see further qualifications below.

Where are you located?

I am located in Miraflores golf, near Riviera, Mijas Costa.

You can visit me in person, or we can have sessions using Skype or Zoom

Thank you. I look forward to meeting you both

Marléne Rose Shaw

BA Hons App Psych.

Adv Dip Couns.

Dip Couples Couns.

Dip Supervision.

EFT. Matrix Reimprinting Prac.

NCS Accred, AAMET Accred, CCN