

Marléne Rose Shaw

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<https://marleneroseshaw.com>

Your Questions Answered

I'm not sure what to expect?

If you've never been to see a therapist before, you may be worried about what to expect. Generally, people feel greatly relieved that they've made this decision - it is the first step for you in resolving what is worrying you and will help you move forward to a much happier future.

I am an Integrative therapist; this means I have a lot of experience and training in different techniques of therapy.

In our sessions, I will ask you helpful questions so that you can explore what is troubling you without feeling judged. This will help you more clearly identify the patterns and belief systems that are playing out in your life.

Along with our conversations, I'll teach you specific tools and techniques to help you overcome your problems. These are lifelong tools which you can also take away and practice by yourself.

I also sometimes offer homework worksheets for you to take away and fill in. These are very useful for identifying unhelpful habits of thinking and behaving and to start practicing more helpful ways of being.

What type of therapies do you offer?

Specifically, I help my clients by utilising and teaching the following list of therapies:

Talk Therapy

Transactional Analysis

Cognitive Behavioural Therapy

Emotional Freedom Techniques

Matrix Reimprinting

To find out more about these therapies, please go to:

<https://marleneroseshaw.com/therapies/>

How long are the sessions?

Sessions are for 1 hour; this is longer than standard counselling and therapy sessions which are 45- 50 minutes – in my experience a full hour works well for clients.

I also offer 90-minute sessions if this is a better fit for your schedule.

How much will my sessions cost?

1 hour session: €90.00 per session / €75.00 per session (6 prepaid sessions)

How do I pay for the sessions?

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

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

Marléne Rose Shaw

BA Hons App Psych.

Adv Dip Couns.

Dip Couples Couns.

Dip Supervision.

EFT. Matrix Reimprinting Prac.

NCS Accred, AAMET Accred, CCN