

Marléne Rose Shaw

+34 602 489 656

+44 7429 440968

<https://marleneroseshaw.com>

Couples Sessions Information

If you've never been to see a counsellor 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?

In general, I see couples as following: we will meet for 3-5 sessions, once per week (or fortnight if you prefer). After this we will meet less often, usually once per month for further sessions as required.

Are you specifically qualified in Couples Therapy?

Yes, I hold a Post-graduate Diploma in Couples Counselling and am a member of the CCN, the Couples Counselling Network. For all my credentials see below.

How much will our sessions cost?

Sessions for Couples Therapy are €90.00 per 1 Hour and 10-minute session.
10% discount for prepaid 6 sessions

How do we pay for our sessions?

You can pay by cash or by bank transfer. I will give you the details.

Often people choose to pay for six sessions in advance. (10% discount for prepaid 6 sessions) However, if you wish to pay for each session in turn that is fine.

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. Couples report finding this very useful. It is an integral part of you working on your relationship. If we are working online, I will email these across to you.

For Skype

My Skype name is: shaw.marlene (note no accent)

Please call me at the agreed time.

For Zoom

I will send you a link

Connection

Please make sure you have set up and checked your connection in good time before the session; and that your camera and chairs are set up so that I am able to see you both as clearly as possible, though you do not need to be looking head on at the camera.

I rarely have issues with Skype or Zoom, but poor connections can sometimes happen.

If there is a problem with the connection during a session I will disconnect and call you back. I will let you know first that I am going to do so.

If there are still issues with the connection I will email you to arrange another time. The session will be for the remaining time that was lost, or in full if it was less than 15 minutes.

Thank you, I'm looking 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