

Marléne Rose Shaw

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<https://marleneroseshaw.com>

Sessions Information

Hello.

You may find it useful to read this information sheet before we begin our sessions.

First time seeing a therapist?

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 have made this decision - it is the first step for you in resolving what is worrying you and leading on to a much happier future.

Therapies:

I am an Integrative Therapist. This means I have a lot of experience and training in different techniques of therapy; I integrate these according to your specific individual needs.

Talk Therapy

In talk therapy you can speak your mind in confidence. I won't tell you what you *should* do; but will work alongside you to help you become more self-aware and more confident so that you feel strong enough to make your own choices.

I can help you identify themes and patterns in the way you think and feel about yourself, others and the world around you so that you can decide what works, what doesn't and see new ways of being.

Energy Psychology

I also offer EFT, Emotional Freedom Techniques and Matrix Reimprinting, which are fast acting Energy Psychologies. You can read more about these at the website

<https://marleneroseshaw.com>

Worksheets

I sometimes offer homework worksheets for you to take away and fill in. These are very useful for helping you to get "*under the bonnet*" of what is upsetting you. They can help you to fully identify unhelpful thinking patterns and behaviours, and to consider new ways of thinking and being.

How much will my sessions cost?

Sessions for Therapy are €75 per 1 Hour session. 10% discount for prepaid 6 sessions

How many sessions will I need?

The number of sessions varies from person to person. We can discuss this at the beginning of your therapy.

Working with energy therapies such as Emotional Freedom Techniques and Matrix Reimprinting can often bring about much faster results than traditional counselling so fewer sessions are needed.

How long are the sessions?

Although traditional counselling sessions are 50 minutes, I offer 60 minutes for sessions - as experience shows this works better for the client.

How do I pay for my sessions?

You can pay by cash or by bank transfer - please ask me for 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.

For Skype

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

Please call me at the agreed time.

Connection

Please make sure you have set up and checked your Skype 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, but poor connections can sometimes happen.

If there is a problem with the Skype 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