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**UKCP accredited  
Family and Systemic  
Psychotherapist**

**Registered BACP  
member**

**rethink**  
family therapy



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## Welcome to rethink Family Therapy.

### Personal Background

I am a Psychology graduate with a Master's degree specialising in Marriage and Family Therapy.

In 2001, I moved with my family to America for 10 years. While resident in Connecticut I was admitted to Fairfield University, on a Master's degree programme. I then worked in a youth counselling service and the US School system as a counsellor dealing with a diverse socioeconomic community, and with adolescents who were on the verge of entering the US juvenile court system. Often my clients and their families were mandated to come to therapy which was both challenging and rewarding.

In 2011, I returned to the UK, and settled near to Banbury; where I formed my independent Practice, working with individuals, couples and families. Today I work from my offices at the Banbury Therapy Centre, and one day per week in the local school system where I see students and family members.

As a UKCP accredited Systemic and Family Therapist, a registered BACP member, and being fully endorsed under the Disclosure and Barring Service (DBS), formally known as Criminal Records Bureau (CRB), I have the credentials and depth of specialist training necessary to work with you.

### My Approach

Therapy sessions typically last for 50 minutes, and repeat on a weekly basis or at intervals by agreement with the client. Our conversations are confidential, so clients can speak freely about their thoughts, feelings and concerns.

The initial sessions are for information gathering, but can enable clients to begin to make small changes and inspire hope.

It is my belief that people do not have problems in isolation but that those develop in the context of their interactions and relationships with others. This can be family members, friends, partners or colleagues as well as outside agencies. Often people get into ways of

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interacting with each other that are not helpful. It can be difficult to recognise this from the inside.

I am not judgemental, and as an objective listener I may challenge a client's thinking. Even the smallest shift in thinking can enable clients to see different solutions that would work for them.

I work with a variety of modalities including Structural, Strategic, Solution Focused, Emotional Focused and Narrative Therapy. Although the focus of the therapy is to help with what is happening today it is often necessary to visit family-of-origin experiences to see how it may be influencing the here and now.

It is important that whether working with individuals, couples or families that we agree on a desired outcome from therapy at the start. These objectives will be revisited periodically and assessments made to ensure that the clients are happy with their progress.

Examples of issues that you may wish to discuss with me:

**Child or adolescent behaviour**

**Parenting issues with all age groups**

**Behavioural issues in school**

**Couple or marital difficulties or stress**

**Separation or divorce**

**Family communication breakdown**

**Lifecycle transitions**

I typically provide between 2- 10 sessions; however, some clients require a longer period.

This is entirely led by the client.

### **Current Fee Structure Effective January 2018**

Individual Session (50 minutes) **£55**

Couples & Family (50 minutes) **£70**

*Daytime and evening appointments are offered by arrangement.*

*It is my belief that meeting at the Therapy Centre provides a neutral and positive environment.*

*If necessary, I am available to meet at client premises and will charge for my time and travel costs.*