



Marion Stefanowicz BSc, MA
UKCP accredited Family and Systemic
Psychotherapist.
Registered BACP member.

IT IS IMPORTANT TO SELECT A THERAPIST WITH WHOM YOU WILL FEEL AT EASE

Personal Background

I am an Open University Psychology graduate with a Master's degree specialising in Marriage and Family Therapy from Fairfield University, Connecticut.

As a mature person, I am blessed with children and grandchildren and understand first-hand the pressures that life can sometimes throw at us.

As a full-time mother, I have raised four children, and supported them in their educational and social lives. In that time, I became a member and Chair of School Governors, a role that I held for many years. I also graduated with a Psychology degree and supported various local school and charitable causes.

In 2001, I moved with my husband and youngest son to America for 10 years, where I faced a major personal and social upheaval. While resident in Fairfield I was admitted to the highly reputable Fairfield University, on a Master's degree program that I completed with an overall pass mark of 97%. I then worked in a youth counselling service and the U.S. 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, my husband and I returned to the UK, settled near to Banbury; where I formed my independent Practice. Today I work from my offices in Hampshire, and currently offer online Therapy.

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), and ICO registered under the Data Protection Act 1998.

I have the credentials and depth of specialist training necessary to work with you.

My Approach

Located on the Surrey /Hampshire borders I currently offer online Therapy sessions – see my contact details.

Therapy sessions typically last for 50 minutes and repeat on a weekly basis or at intervals by agreement. Our conversations are confidential, so clients can therefore 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 they 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 interacting with each other that are not helpful. It can be difficult to recognise this from the inside. I am never judgemental but 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.

I have worked in the following areas:

- 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

Individual Session (50 minutes) **£60**

Couples & Family (50 minutes) **£75**

Daytime and evening appointments are offered by arrangement.