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UKCP accredited Family and Systemic
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Registered BACP member

bacp | professional
standards
authority
collective mark | accredited register
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IT IS IMPORTANT TO SELECT A THERAPIST WITH WHOM YOU WILL FEEL AT EASE

Personal Background

I am based near Headley Down, on the borders of Surrey and Hampshire. Please see my Contact page.

I hold an honours degree in Psychology and a Master's degree specialising in Marriage and Family Therapy.

As a mature individual, I have an understanding of life's difficulties and how they are created and often perpetuated by our own interactions.

I work from my studio in Headley Down, and am available for online sessions, having relocated from Oxfordshire in 2020, where I had many years of experience in Independent Practice, working with individuals, couples, and families. I practiced from my offices at the Banbury Therapy Centre and in the local school system where I worked with students and family members.

My experience encompasses working with Social Services in child protection cases. In the corporate sector, I have provided services to employees under the auspices of Employee Assistance Programmes.

Additionally, I have experience working in a USA youth counseling service and in the School system, reflecting a diverse socioeconomic community.

As a UKCP accredited Systemic and Family Therapist, a registered BACP member, and fully endorsed by 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.

"I help people recognise changes that make a difference

My Approach

Located on the Surrey /Hampshire borders I currently provide face to face and online Therapy sessions – see my contact details below.



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.

Fee Structure Effective January 1st 2023

Individual Session (50 minutes) **£65**

Couples & Family (50 minutes) **£80**

*Daytime and evening appointments are offered by arrangement
Sunday excluded.*