



A THERAPY INTENSIVE
INFORMATION PACK

Making Sense of Your Body

A six-session therapy intensive for neurodivergent adults whose physical symptoms keep being written off as anxiety. Read at your own pace, and share it with anyone helping you think it through.

DELIVERED

Online via Zoom, Australia-wide

TO ENQUIRE

marleegreer.com · contact@marleegreer.com



What this is

This is a therapy intensive that sits in a gap that shouldn't exist, between therapists who don't know these conditions exist, and doctors who don't account for medical trauma. It's a focused, time-limited piece of therapeutic work with a clear beginning and end.

Across six sessions, we make sense of your symptoms and history alongside the patterns that commonly co-occur with neurodivergence, work through what medical settings have come to feel like, use somatic strategies and hypnotherapy to help you reconnect with your body more safely, and build you a written summary and a plan you can take to your GP.

This is therapeutic work, not a diagnosis. I help you make sense of what your body might be doing and find pathways where you will be taken seriously. I don't diagnose, because that's a doctor's role. This isn't about coming to any conclusions. It's to leave you clearer, steadier, and better equipped to ask for the care you need.

"I don't pathologise who you are. I help you name what might be happening in your body, so you can get the care you deserve."



Who this is for

This intensive is likely a fit if you're a neurodivergent adult and:

- your physical symptoms have been dismissed, under-investigated, or labelled "just anxiety"
- you suspect something more is going on but don't know where to start
- appointments feel daunting and you'd advocate better with support and a plan
- you'd value a focused, time-limited piece of work rather than ongoing therapy

Where I'll point you elsewhere

So you can make an informed choice, here's what this intensive isn't. It's a focused therapy intensive, not ongoing chronic-illness care, and not a substitute for medical assessment or treatment. If what you need is long-term illness management, eating-disorder treatment, or support through acute crisis, that's outside this scope and I'll happily point you toward practitioners who can help.



How the six sessions work

Sessions run across roughly six to eight weeks. You confirm your preferred cadence at enquiry.

SESSIONS	WHAT HAPPENS
1-2 90 minutes each	Making sense of your symptoms and history alongside the patterns that commonly co-occur with neurodivergence including hypermobility/EDS, dysautonomia/POTS, MCAS, and autoimmune presentations. These are longer sessions on purpose: this part can stir things up, so there's time built in for somatic grounding and settling alongside the work.
3-5 60 minutes each	The therapeutic heart of the intensive: hypnotherapy and guided rest, building your confidence to advocate, and where medical trauma is part of your experience, processing it using somatic trauma processing. We sequence these across the three sessions in whatever order will help you most. You keep the audio recordings to use again whenever you need them.
6 90 minutes	Pulling it together: your written summary, recommendations for the specialist referrals to ask your GP about, and a self-advocacy plan for the appointments ahead.



When medical settings have left their mark

For a lot of neurodivergent people dealing with health challenges, trying to access care can add a lot of stress to an already distressing experience. Some of us try to manage this through masking, rehearsing, or avoiding thinking about our health entirely. For many, that weight builds into medical trauma. For others, it sits as a quieter dread. Either way, it shapes how you walk into a room, and it's worth tending to.

Where medical trauma is part of your experience, the Flash Technique offers a gentle way to work with it. It can reduce how charged and distressing difficult medical memories feel, without needing to relive them in detail. It's one of the tools we might use, not something everyone needs. The aim is simple: to make it possible to walk into the next appointment with a little more steadiness and a lot less dread. You can learn more about the Flash Technique and its evidence base at flashtechnique.com.



What you walk out with

By the end, you keep:

- 1 **A written summary**, in plain language, of the patterns we've made sense of together and why they're worth investigating.
- 2 **Recommendations you can take to your GP.** The kinds of specialists worth being referred to (for example a rheumatologist, geneticist, cardiologist, gastroenterologist, or immunologist), why, and what to raise. Where I know of clinicians experienced with these conditions, I'll point you toward them. You will need your GP to make the referrals as it is not something a counsellor can do in Australia, so the summary is built to support that conversation.
- 3 **Help finding a GP who listens**, if those conversations haven't gone well before. The right referral starts with a doctor who takes you seriously, and we can work on getting you to one.
- 4 **A self-advocacy plan** for navigating appointments and being taken seriously.
- 5 **Audio recordings** of your rest and self-compassion sessions, to use again whenever you need them.

These are yours to keep and to share with whichever practitioners you choose.

Pricing

The intensive is a fixed package, priced for the full scope of the work. The sessions, your written summary and specialist recommendations, the recordings you keep, and the deeper therapeutic and rest work. Around twelve to thirteen hours of work in all. All fees are exact and GST-inclusive, with no further out-of-pocket costs within the package.

OPTION	FEE	WHO IT APPLIES TO
Standard rate	\$2,400 upfront, or 3 monthly instalments of \$830 (total \$2,490)	The standard fee for the intensive.
Founding rate	\$1,950 upfront, or 3 monthly instalments of \$670 (total \$2,010)	A lower founding price, available to the first four people to book. Once those four places are taken, the standard rate applies.
Reduced-access places	\$1,680	One to two places per year, held for people facing financial barriers. May be waitlisted when full.

While the founding rate is a launch price limited to a set number of places, please take your time to consider whether this work is a fit for you. I also offer a 20-minute call to support that process.

As a counsellor I can't offer Medicare rebates. Some private health funds may cover counselling sessions — confirm rebate eligibility with your insurer.

Booking, cancellation and refunds

I want these terms to be clear before you commit, so there are no surprises. They're written to be fair to both of us. Protecting the time I set aside for you, while making sure you're never penalised for being unwell or for changing your mind early.

Securing your place

A \$250 deposit holds your place and covers the preparation I do before we begin. It's the first part of your fee, not an extra on top. It counts toward your total, and the balance is paid upfront or across the agreed instalments.

A cooling-off window

If you change your mind within 48 hours of booking, you can withdraw for a full refund, deposit included, no reason needed.

If you cancel before we start

Once the cooling-off window has passed, the \$250 deposit is retained and everything else is refunded. This applies whether you cancel well ahead or close to the first session.

If you withdraw partway through

You're charged only for the sessions we've completed, at the per-session value below — your deposit counts toward this, not on top of it. Everything beyond that is refunded, and any remaining instalments are cancelled, so you never owe payment for work we haven't done.

YOUR RATE	PACKAGE	PER-SESSION VALUE
Standard	\$2,400	\$400
Founding	\$1,950	\$325
Reduced-access	\$1,680	\$280

Cancellation is always worked out on the upfront package price, so paying by instalments never increases what you'd owe if you withdraw.

Rescheduling a session

Because the intensive runs to a schedule, you have one free reschedule with at least seven days' notice. After that, a sessions cancelled count as delivered, with one important exception below.

If you're not feeling great

This work flexes with your body. If you're having a rough day, whether that's a flare, low capacity, a hard mental-health stretch, we don't have to cancel or push the session back. We can use the time differently instead, by bringing forward the rest and self-compassion work, and saving the more demanding mapping or processing for a day you have more in the tank. If you genuinely can't be present at all, I can spend the time preparing recordings for you to use when you can.

If I need to cancel

If I ever have to cancel a session, we'll reschedule at no cost to you. If I can't continue the intensive, you're refunded in full for any sessions not yet delivered.

These terms also form part of the participant agreement you'll receive before we begin.



A note on scope

I'm a PACFA-registered clinical counsellor, and this is therapeutic work within that scope. I don't diagnose medical or psychological conditions and nothing in this intensive replaces medical assessment or treatment. What it offers is a structured, therapeutic way to make sense of what might be happening, process what's made care hard to reach, and approach the right practitioners with clarity. I can't promise a particular medical outcome, but I can make sure you don't walk in alone or unprepared.



Frequently asked questions

Will you tell me what's wrong with me?

No, I don't diagnose. That's a doctor's role. What I can do is help you make sense of patterns worth investigating, map out which specialists are worth asking your GP about, and prepare you for that conversation.

Is this therapy?

Yes, it's a therapy intensive. Intensives are a recognised and increasingly common format. A focused, time-limited block of therapeutic work rather than open-ended weekly sessions. Here, that work centres on understanding what might be happening in your body and easing what's made care hard to reach. It has a clear start and end, and if you'd like to continue in ongoing therapy afterwards we can talk about that, with no expectation either way.

Do I need a referral or a GP to start?

No referral needed. You can enquire directly.

Can you refer me to a specialist?

Not directly. In Australia, referrals to specialists come from a GP. What I give you is a clear written summary and recommendations for the referrals worth asking your GP about, so you can walk into that appointment knowing what to request and why. If you don't have a GP who listens, helping you find one is part of the work.

What does the intensive look at?

Together we make sense of your symptoms and history alongside the patterns that most commonly co-occur with neurodivergence: joint hypermobility and Ehlers-Danlos syndrome, dysautonomia and POTS, mast cell activation (MCAS), and autoimmune presentations.

What's the Flash Technique?

A gentle, well-tolerated trauma-processing approach that can reduce how distressing a difficult memory feels, without needing to talk through it in detail. Where medical trauma is part of your experience, it's one way we can work with it but it's not something everyone needs.

I'm already seeing doctors. Is this still useful?

Often, yes. The written summary and self-advocacy plan give you something concrete to bring to the practitioners you already see.

Is there body-based work too?

Yes. Many neurodivergent people experience interoception differently, so we use gentle somatic and grounding techniques to help you reconnect with your body at a pace that feels safe. We will focus on helping your body feel a little more settled, and a little safer than it has, and making it easier to recognise what might be happening in your body at any given moment.

Is it really all online?

Yes, delivered by telehealth across Australia, so you can do the work from wherever you feel most comfortable.

HOW TO ENQUIRE

"If you've spent a long time being told it's all in your head, this is a way of making sense of what's going on, with someone who understands why asking has felt so hard."

To enquire about the intensive, get in touch. Online, Australia-wide.

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Marlee Greer Counselling & Psychotherapy

PACFA Registered Clinical Counsellor

Online therapy across Australia. Telehealth via Zoom.