



Maria Pareo  
Psychoenergetic Work®

# PSYCHOENERGETIC JOURNEY

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## Hi, I am Maria!

I help people understand and break free from Self-limiting Beliefs such as “not good enough”, *Relational Trauma* and Dysfunctional/Toxic Emotions. So you can finally *wake up every day appreciating and understanding the wonderful person you are in a conscious and empowered way.*

Our journey together is a transformative, powerful and collaborative process between you and me. My aim is to facilitate your understanding and resolution of dysfunctional patterns and relationships so you can release past trauma and overwhelming emotions, discover and train more aligned ways while gaining clarity and confidence.

We work together to improve the quality of your life, experiences and relationships, especially the one with yourself.

I have designed a unique and integrated approach to facilitate your journey: **Psychoenergetic Work®** which is a fusion of Therapeutic Techniques such as Holistic Counselling, Parts Work and IFS (Internal family system), Voice Dialogues, Emotional Awareness Technique, Hypnotherapy, EFT (Emotional Freedom Techniques), Meditation/Mindfulness and Coaching.

Without **Space**, there is no **Movement...**

## How do we do it?

### → PHASE 1 | EXPLORING THE CLUTTER | **Accepting and Releasing** **Uncovering what is no longer making you grow.**

We will explore emotions, family patterns and childhood, personal challenges, inner conflicts, limiting belief and barriers to understanding and reducing the intensity of the emotional baggage you may be experiencing to facilitate clarity, presence, self-acceptance and defining personal boundaries.

### → PHASE 2 | FOCUSED AWARENESS | **Focus and Healing** **Identify priorities: What is the most important thing to work on now?**

Identifying toxic patterns/cycles and dysfunctional behaviours while focusing on specific issues. We will work on embracing, releasing, and healing adverse experiences and building healthier and more harmonious ways. We will dive deep into the causes of specific imbalances and core beliefs to develop new ways and perspectives so you can finally break free from dysfunctional patterns and feel more in control of your life and decisions.

### → PHASE 3 | CREATING NEW SPACE | **Moving Forward** **Let go of what is no longer making you grow and embody the work**

Rebuilding confidence, self-identity and embodying the work. We will create a consistent and sustainable action plan to ground the new you in your daily life. I will provide resources and essentials to keep you motivated and engaged. Here consistency is essential as you start grounding and integrating the new you in your daily life.

## Plan Structure

If we have agreed to work together you will be asked to read and sign the Psychoenergetic Agreement and the Google form to help me gather as much information about your current situation. During our first sessions, conducted online or in person, we will engage in a dialogue aimed at exploring your emotions, limiting beliefs, challenges and barriers. I will guide you with targeted questions and practical exercises so that you can begin to connect and identify some repetitive behaviours and dysfunctional patterns/cycles. The first phase allows you to reduce the intensity of the emotional charge you may be experiencing, facilitating a sense of clarity, greater presence, and self-acceptance over time. We will be able to increasingly focus on the path and find the tools to pave the way by providing deep support, valuable insights and motivation.

## Guidelines

### ✨ **Non-negotiable:**

Dedicating time and space to practice and follow through with homework after sessions is essential to support the integration and embodiment of what we explore and work on during sessions. Sixty-six days is the minimum needed for your body and mind to consolidate your new ways. Homework is tailored to your needs and available time.

### ✨ **Flexibility:**

During these years of work, I realised that planning is essential, but remaining flexible is important too and sometimes the best structure is to be spontaneous and go with the flow. Some sessions may be spot-on, entangling and revealing the knots. Other times, we may have to delve deeper, try different strategies, or prioritise other issues that have just emerged or require longer exploration. It is important to keep an open mind and be ready to renegotiate our work together if something else takes priority.

### ✨ **Guarantee:**

I will be your guide and mentor at every step, whether for a month or longer. I guarantee my genuine presence and honest commitment. Most clients I have worked with shared that, in a short time, they have noticed an increase in self awareness and significant changes in their relationships. They could quickly see when a dysfunctional pattern played out and developed better presence, personal boundaries, emotional regulation, acceptance, focus, direction and confidence.

### ✨ **End of the Journey:**

Some people who have worked with me shared their path for a short time, others for longer. Some like to have a safe space to return when needed. Whenever you feel that regular commitment is no longer needed, I remain available for occasional sessions. This option is available to everyone who has committed to at least three months of regular work with me to address new challenges or to seek guidance when needed.

### ✨ **Shall I commit to short-term or long-term Inner Work?**

Commitments vary depending on your needs at this very moment; perhaps you want to focus on a specific issue, or you feel like exploring and navigating further, and that's why the work is tailored to your needs. I usually encourage people to commit to a list of three/six months of regular work with me. Having more time takes the pressure off your shoulders. It gives you the appropriate time and support needed to explore what is holding you back and limiting beliefs; it gives you space to heal, recover from dysfunctional relationships or painful experiences and integrate new ways for a deeper and lasting transformation.

## Available Plans:

### → **DEEP DIVE CONTAINER PLAN | £1.500 - £1.200**

- Ten sessions, 90 minutes each.
- Weekly Homework + Resources.
- x 2 | 45 minutes online Follow-up bonus call.

### → **FOCUS CONTEINTER PLAN | £600 - £450**

- Four sessions, 90 minutes each.
- Weekly Homework + Resources.
- 45 minutes online Follow-up bonus call.

### → **BUDGET FRIENDLY EXTENSIVE ONLINE SUPPORT | £900 - £750**

*Payment can be facilitated in a 3 months installment of £250.*

- 12 weekly sessions | 55 minutes each
- Weekly Homework + Resources.
- 30 minutes bonus call.

### → **EGYPTIAN ESSENE THERAPIES | £450**

- Three sessions, 120 minutes each
- Homework + Resources.
- x 1 || 45 minutes online Follow-up bonus call.

### → **Single Sessions In person | 90 Minutes £150**

### → **Single Sessions Online | 60 Minutes £100**

### → **Long term Clients Discount** If we have been working together for over 6 months and you wish to continue the journey together, I want to honour our ongoing work by offering you a 10% discount, either on packages or single sessions.

Ready to get started? Reach out today to learn more and take the first step towards a brighter, more empowered future!

**BOOK A FREE DISCOVERY CALL:** <https://calendly.com/maria-pareo/initialconsultation>