

The Yoni Therapist



**Psychosexual Therapist - Couples Counsellor - Intimacy Coach
Clinical Supervisor**

Michelle Jeremy

MSc, PGDip, BSc. PGCE





ABOUT ME



I have worked in women's health & wellness for over 20 years. Originally as a Physical Therapist. Women presented to clinic with back & pelvic floor issues, very often they experienced chronic pain, were exhausted, life had taken their time, their identity and piece by piece they had faded away.

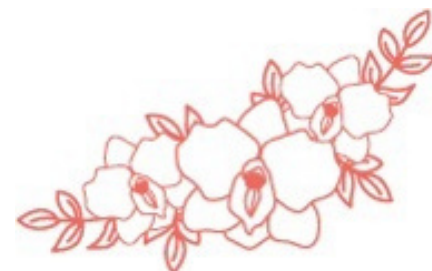
Very often sexual desire is the first thing to go, impacting relationships negatively, the sexual self can become a shadow. Very often women accept 'sex' is something they used to do when I believe we deserve to enjoy pleasure and to be pleased.

This fuelled my passion to specialise and qualify as a Clinical Sexologist with a special interest in female biomedical issues.

In sessions I explore beliefs, values and how life experiences have affected self-esteem, self-worth and sexual satisfaction.

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'I help women want sex again & couples to reconnect through intimacy'.

If you experience any of the below, please book to arrange a free consultation to discuss how therapy can help you :

Do you have little interest in sex?

Has pain on penetration caused a decline in your desire for sex?

Is your pelvic floor not as strong as you like?

Has the Menopause made your sex drive disappear?

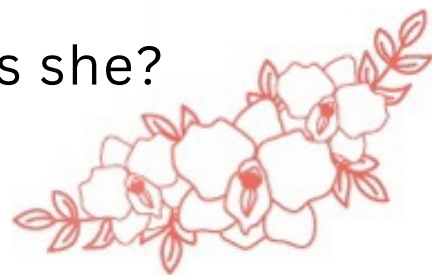
Do you question if you will ever feel aroused or reach an orgasm again?

Has your body changed over the years, and you are lacking body confidence?

Are you overwhelmed, and sex is the last thing on your mind?

Maybe you want to find your sexual self again, who is she?

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SERVICES OFFERED

Online via Zoom or Telephone (55 minute sessions)

*UK, Europe, Worldwide

Psychosexual & Relationship Therapy and Couples Counselling
Intimacy Coaching
Women's Wellness Coaching

Clinical Supervision

*In person and online

1.1 and group Supervision for therapists

In person (2 hour sessions)

*covering Norfolk & Suffolk

Psychosexual & Relationship Therapy and Couples Counselling
Intimacy Coaching
Women's Wellness Coaching

Immersion Days (1.1 deep dive)

*in person, on request. Further details below.

Well Woman, Release the S**t, Rewrite Your Story

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INSIDE THE CLINIC

Below I have listed common presenting issues I work with. Please note due to the sensitivity of content shared in psychosexual therapy a clients real name is not used & specific details on the content is not shared.

Despite limitations on what can be included, the testimonials are from real clients & they show the positive impact therapy can have. Part of the initial consultation includes a breakdown of how the therapy journey may look.

Contact today for further details, michelle@theyonitherapist.com

Psychosexual Therapy

Pain on Penetration/ Pelvic Floor Issues / Low Desire/ Finding Your Sexual Self/
Menopause & Sex/ Sex After Childbirth/ Orgasm Difficulties / Accepting Sexual
Past/ Sexual Abuse/ Trauma

Couples Counselling

Couples Counselling/ Rebuilding After An Affair

Intimacy Coaching

Desire Differences/ Sex and Disabilities /
Increasing Passion & Pleasure /Exploring Sex Maps

Womens Wellness Coaching

Decide the life and lifestyle that works for you, find your purpose.

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WORKSHOPS

Single Be Ready To Mingle

The dating workshop. Whether you are newly single, curious about dating after a long time on your own, tired of attracting the wrong partners & ready to make meaningful connections, this workshop is designed for you!

Join us for an empowering and hands-on experience to get you “date ready”, moving from fear to feeling fabulous.

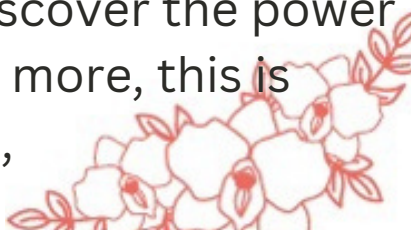
The Pleasure Quest

If you’ve been feeling a disconnect from your sexual self, know you’re not alone—and that it’s completely natural. The Pleasure Quest is a compassionate, supportive workshop for women experiencing low sexual desire who want to reconnect with their sexuality and reignite that spark in a way that feels comfortable and empowering.

The Well Woman Workshop

Take a moment to ask yourself: When was the last time you truly took time just for you?

Well Woman is an immersive workshop designed to help you reconnect with yourself, prioritize your needs, & rediscover the power of slowing down. In a world that constantly demands more, this is your space to pause, breathe, and nourish your body, mind, and spirit.





IMMERSION DAYS

Intensive Therapy In person, on request covering Norfolk & Suffolk

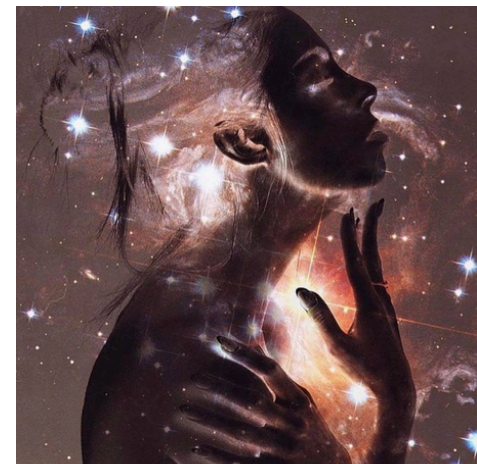
Well Woman Coaching

Are you navigating the challenges of peri to post menopause? This transformative stage of life often brings profound physical & emotional shifts, & you do not have to go through it alone. The Well Woman Immersion Day is designed to be fully informative & provides choice, we decide the lifestyle that works for you & at the end of the day leave with confidence on how to take control of your health.



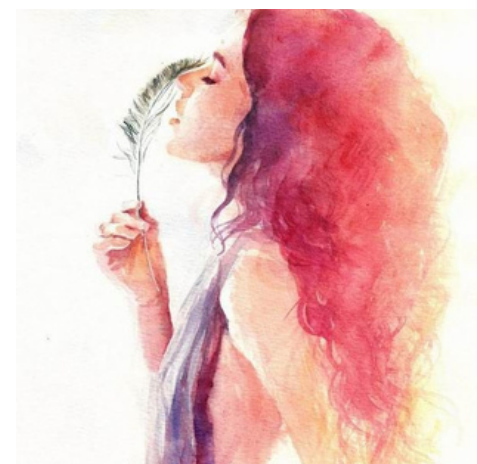
Release The S**T

Are you ready to let go of what's holding you back? Release the Sh*t is designed for those who want to confront their inner shadows, shed old baggage, & make room for a life filled with clarity, freedom, & purpose. This intensive experience is here to help you dig deep, face what's weighing you down, & truly release the stuff that no longer serves you.



Rewrite Your Story

Rewrite Your Story is designed to help you reframe your narrative, visualise your goals, & step confidently into the life you've always wanted. Together we define where you are heading, & gain the tools to rewrite your personal story with intention & clarity, be your authentic self, trust your imperfectly perfect self, she was always enough. Move forward following your head, heart & hara.





ONLINE PROGRAMMES

Pleasure Quest - Finding Desire

Do you feel disconnected from your sexual self? Believe sex is something you used to do? Have lost interest in sex? Know you are not alone – & that it is completely natural. This online programme is aimed at women experiencing low sexual desire who want to reconnect with their sexuality & reignite that spark in a way that feels comfortable & empowering.

Learn about the many factors that influence desire—from hormones & stress to lifestyle & mindset. Understand how your life experiences have impacted & more importantly take the guided steps to explore & reconnect with your sexual self.

Marriage MOT

Invest in the health of your relationship. The Marriage MOT is designed to help couples reconnect, realign, & rekindle their bond. This empowering journey will walk you & your partner through a series of insightful “checks” to ensure you are speaking the right love language, enjoying fulfilling intimacy, & building deeper emotional connection & closeness.





PRICING

Individual or Couples Session/s via Zoom

£90 per session/ £70 discounted rate

For individuals on low income and students. In addition NHS referrals and employees also benefit from the discounted price. *terms and conditions apply.

Weekly or every other week, duration of therapy will be discussed on the first session, I will be clear on expected number of sessions needed.

*50-55 min session

Individual or Couples Session/s in Person

*Sessions held in Thetford.

£225 per session

No commitment needed, can be used as a stand alone or in conjunction with online therapy. At the end of the session a summary will be sent via email with exercise/interventions to continue your therapy journey.

*2 hour session

Email/Text Therapy

£120 *every week, cancel anytime.

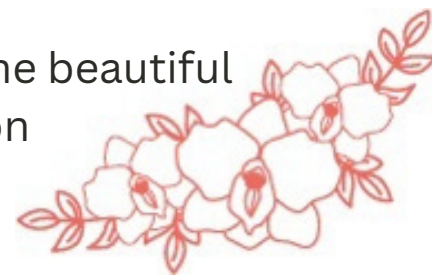
Need someone to check in with? Have me close by throughout the day to assist you on your therapy journey. No commitment needed, can be used as a stand alone or in conjunction with all therapy services. *terms & conditions apply.

Immersion Session (Intensive Therapy)

Sessions held in Thetford, Bury St Edmunds or Norwich.

Package £950

*Includes a discovery call, 1 x 4 hour intensive therapy session at one of the beautiful venues email & text support for 4 weeks, closing with a reflection session via zoom or telephone.





TESTIMONIALS



'I just want to tell you, you have changed my life and I will ever be in debt to you for that. I could have never come this far without your support' - Lou

'I can honestly say after spending one day with you you have helped me turn the corner on the road to gaining back part of my life, I never thought I would see again. I'm no longer carrying around, hiding and dwelling on things from the past that I never thought I'd be able to share with anyone. I now feel a huge weight has been lifted and I can move forward'. - Karen



'I just wanted to say thank you. You honestly changed and saved my life. I am so thankful that I met you and couldn't have asked for a better therapist and just all round amazing human! I will forever be grateful. The best thing I ever did'. - Rhia

