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PSYCHOLOGUE NATUROPATHE

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Consultation framework

Are you thinking about making an appointment or have you already taken the plunge? It's the first step in any process of transformation, support or clarification. Starting a therapeutic adventure is an important moment in life ☺

So welcome. This document is here to explain how I work and to answer any questions you may have. You can browse only the points that interest you (by navigating the table of contents below).

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A "nomadic" psychologist?

This is a specific feature of my working environment. I'm itinerant, which means that I live in different countries as and when I travel (India, Réunion, France...).

I'm a 'travelling psychologist', entirely dedicated to my clinical practice, working on video call from wherever I happen to be. These places inspire me to accompany you with a constantly renewed energy. "Far from the eyes, close to the heart", I've observed that this nomadic dynamic tends to instil a certain openness and creativity into the support I provide, as well as a drive towards movement and change...

As I'm not in France most of the time, the preferred channel of communication is whats app (+33 7 49 17 14 89) or email (alter.ideo@gmail.com). Consultations are generally made via whats app (if you prefer another channel, such as google meet, that's possible).

You can also follow me [on facebook](#), [insta](#) or [my website](#).

What happens during the 1st consultation?

At this first meeting, I'll help you put into words what you're experiencing and what you're asking for.

If verbalisation is difficult, I'll suggest some creative tools to help you. If you feel apprehensive, don't hesitate to let me know; revealing yourself in front of a stranger takes courage and I'm aware of the effort involved. I want you to know that the support I provide is based on my benevolent approach, a compassionate, non-judgemental ear and unconditional positive consideration. I also respect the pace at which you are able to reveal yourself.

You will also have the time to ask me any questions that may help you to feel confident, for example about my training, my way of working, etc...

Think about what brings you to the clinic. *What are you asking for? What do you want from these meetings? Is there something you want to change? Or do you need support in a particular area?*

This 1^{er} time will allow you to assess whether further support would be welcome and in what form. It is you who will decide what to do next, as at all stages of therapy, your freedom is at the heart of the process. Therapy is also a meeting of two sensitivities, and this first appointment is intended to give you a feel for whether we can 'connect'. If you'd like to know more about me beforehand, you can find out more about [my background](#) here.

How do I make an appointment?

You can contact me by whats app +33 7 49 17 14 89, with your availability and country (for the time zone). I have flexible slots, accessible in different time zones (suitable for internationals) including weekends and evenings.

Your appointment is confirmed by payment for the session, which is made by bank transfer before the consultation. All you need to do is add my bank details to your bank account and you can then make the transfer online. Please indicate the date of the consultation in the subject line. If you are unable to attend, please let me know as soon as possible so that I can reschedule.

Bank details for transfers :

IBAN: FR76 2823 3000 0188 6244 9678 912 (Revolut Bank)

BIC: REVOFRP2

How long does the therapy last, and how often?

I work in the field of **brief therapy**.

My aim is to help you develop your own resources so that you can take charge of your life.

It's about aiming for your autonomy so that you don't need me any more as soon as possible.

There is no standard length of time; the number of sessions will depend on your request, your needs and your very personal development. But as you will have understood, the aim is not to make the support last unnecessarily over time.

As for frequency, this again depends on your needs. If there is a lot of distress, especially at the beginning of the work, it may be a good idea to start with one consultation a week. When things are more stable, we can see each other once every fortnight, sometimes every three weeks. When we reach the end of the work, the frequency can become monthly, or on request, depending on the needs.

Sometimes a small number of sessions can get things moving. For more long-standing, traumatic or chronic problems, more in-depth work is generally required.

We'll work on the basis of your **objectives** and we'll ask the question from the outset: How will you know when your objectives have been "achieved" and we can end this therapy? ...or at least this "slice" of therapy. After all, there may be a number of "stages" along the way (the idea of "intermittent therapy over the course of a life cycle").

How can I be sure that a therapist is "serious"?

Psychologist, psychopratician, psychotherapist, psychiatrist... it can all get a bit confusing!

I'm a clinical psychologist, which means that I've done a master's degree in psychology (bac+5) at university. My title is recognised and protected by law, and I'm registered in the official ADELI directory (9D9311799), which means you can be reimbursed by your mutual insurance company if it sets aside a share for psychological consultations (ask them). I am not reimbursed by social security and am not part of the "mon soutien psy" scheme.

I am also authorised to use the title of psychotherapist (by the ARS). My other specialisations are validated by private certificates from the institutes I trained with. Find out more about my [qualifications](#) and [specialisms](#) here.

I'm also a naturopathic health practitioner. This title is not yet recognised in France. The guarantee of quality of my training course (Euronature Institute) is its affiliation to FENA, the French naturopathy federation, which guarantees the quality and consistency of teaching and the practice of the profession in France.

I'm a yoga facilitator, qualified as a teacher in India, following a training course at an institute in Rishikesh (and other additional training).

Does visio(therapy) "work"?

Yes, if you feel comfortable with the device and have a quiet, private space in which to carry out consultations.

Visio or face-to-face?

For people who are geographically mobile, have time constraints or medical conditions that limit travel, or who are looking for a particular therapeutic approach, videoconferencing offers many advantages. But if you feel that you'd be more at ease face-to-face, follow your intuition (I can sometimes recommend therapists in your area).

In concrete terms

The prerequisites for videoconferencing are that you have a good internet connection, a webcam and a space where you can be alone. If you are not familiar with videoconferencing, we can arrange a trial session (free of charge, with no obligation) so that you can test it out and see how you feel. I do my utmost to ensure that you have a good internet connection, so that the exchange runs smoothly. However, there may be times when the network is disrupted. This is one of the hazards of video therapy and we have solutions to deal with it:

-If the sound/image isn't smooth for you, please let me know first, as I may not notice (I don't necessarily receive the same picture quality as you).

The options are then: change network (I have a 'back-up' network that I can switch to) or cut the image until the connection improves (the disruption is usually brief). If you feel uncomfortable, you can always ask me to postpone the session (see below).

-In the event of more serious disruptions: we will postpone the session and only the actual time will be charged, provided that we have really started working. I'll also be emailing you some ideas to support the work in progress.

Contraindication

NB: Videotherapy should not be used for acute disorders with suicidal tendencies. In such cases, it is essential that you have an in-person consultation, as this is an emergency situation.

Efficiency of the system

Throughout the treatment, I pay close attention to your relationship with the video, in order to assess whether it is still favourable. We can talk about it whenever necessary, as part of our therapeutic framework. I've had experience of distance therapy and I've found it to be an interesting, worthwhile and profound way of working for the people involved.

I remain committed to a process of reflection in order to make it the most respectful tool for therapeutic work. The ISMHO (International Society for Mental Health Online) is conducting

research on this subject. It has been shown that online therapies are both possible and effective:
<http://ismho.org/>

How much does it cost?

Psychotherapy

- Psychotherapy consultation (1h15): 70 euros
If required, the session can be extended to 2 hours for 100 euros.
- Marital/family therapy (1h15): 85 euros
- Marital/family therapy (2h-2H15): 140 euros
- Post-trauma consultation (2 hours): 110 euros
(or you can book 2 appointments of 1 hour, for the same price, depending on your preference)

Naturopathy

You can choose between in-depth or targeted consultation.

1. **In-depth consultation:** 100 euros. This includes:
 - Before the session: exploratory document and food diary to complete, online questionnaire
 - 1-hour video interview
 - Analysis of your situation using a range of media, drafting of recommendations, preparation and dispatch of personalised advice
 - Brief telephone feedback

Subsequent maintenance: 70 euros (follow-up) - 85 euros (annual maintenance)

2. **Targeted 1-hour consultation** on a specific topic: 70 euros

Access to care

Money shouldn't be an obstacle. If you're having financial difficulties, you can talk to me about it. I firmly believe that everyone should have access to psychotherapy. To help achieve this, I set up free-donation therapy groups for people with limited resources. I also offer a number of solidarity consultations each year. Click [here](#) for more information, in the "access to care" section.

Psychotherapy or naturopathy?

I'm a psychologist-psychotherapist and a naturopathic health practitioner. Find out more [about naturopathy](#) here.

Medicinal plants and vital hygiene techniques have been shown to be effective and can enhance the therapeutic approach, whether it's to promote sleep, letting go, energy, withdrawal or emotional balance...

If you wish, we can integrate this dimension into your support:

- medicinal plants (phytotherapy, gemmotherapy, Bach flowers and flower essences, etc.)
- aromatherapy (essential oils and hydrolats)
- mycotherapy (medicinal mushrooms)
- nutritional or vital hygiene
- breathing techniques derived from yoga

During psychotherapy, at your request, we can include this approach so that I can give you targeted advice on natural health. If you would like comprehensive naturopathic support, this will involve a full assessment.

You can visit this page to find out more about my therapeutic [tools](#).

And between sessions?

I create a number of resource documents for self-exploration, which can accompany you between sessions.

To kick-start the therapeutic work, an anamnesis document is also available, on request, so that you can embark on an introspective process of writing your own story. Some people like to do this at the same time as the first sessions. This offers synergy with the work done in the sessions. If you're up for it, let me know and I'll send it to you.

In the same way, I can "prescribe" action for you between sessions, by suggesting "exercises" for the week ("the smallest possible change"): it could be an initiative, a change of habit, a piece of writing or drawing, a physical or meditative practice. Of course, it's always an invitation. If it motivates you, let me know and we'll make it part of the journey.

Times of crisis: if you are experiencing a difficult situation and feel the need to tell me about it, you can contact me. Sometimes a written exchange will help to calm things down while you wait for your next appointment, and other times we can try to move forward or reschedule an appointment. I will do my utmost to meet your needs. Please feel free to contact me between sessions (while continuing to activate your resources, around you or within you).

Online therapeutic groups

I run [small groups by video](#), on a regular or one-off basis: introduction to meditative practices, integrating mindfulness into everyday life, building your stress management toolbox, psychoeducation, taming your attachment type, etc., as well as discussion and support groups.

Therapeutic groups help to enhance learning and exploration through sharing and the richness of the group dynamic. It can also help to minimise costs and keep the time at our meetings for the therapeutic work itself.

I start new groups regularly, once enough people have asked me to do so. Don't hesitate to let me know if you're interested and I'll let you know when a new group starts, or if you'd like me to start one based on your request.

The group can also be a transitional stage to bring a support programme to a gentle close. Or an alternative for people with limited resources who nevertheless wish to embark on a journey of transformation or learning.

Here are the next online groups, which will start as soon as enough people have signed up:

- Emotion" group for sharing and support
- Introduction to meditation and emotional regulation
- Informed trauma yoga classes and polyvocal theory

Have we met before or do we know someone in common?

A therapeutic relationship is not a friendly relationship, even if there is a great deal of consideration, esteem and human warmth in it. Therapy creates a specific form of bond, the therapeutic alliance, which is unlike any other relationship. So during the period of therapeutic support, it is important to maintain a certain boundary so as not to mix spaces and to preserve the security of a space where you can express yourself and interact without reservation. To do this, we will

-to separate personal social networks and therapy.

You do, however, have access to my [Facebook Pro](#) page, where I share resources that may be of interest to you.

-In the event of a mutual acquaintance or shared context, I obviously guarantee confidentiality. It is not possible for me to work with you on an issue that concerns or involves this person. Please take the time to find out whether I'm the right therapist for you 😊

At your service, in the joy of journeying together, listening to all the parts of you that need to be said and met...



Tips for emotional and vital health

- Learn to put your emotions and needs into words. They are precious and useful ☺
- Stretch and breathe consciously and deeply several times a day.
- Take time (even 5 minutes) just for yourself every day, without screens.
- Make sure you get enough sleep and rest. Sleep is a pillar of health.
- Make sure you walk for at least 30 minutes a day, in contact with nature and natural light. Take regular exercise.
- Become aware of your stress and develop healthy management tools (we tend to spontaneously manage our anxiety through food, various addictions such as screens, substances, shopping, etc.).
- Air out your home and make it a place where you can recharge your batteries and feel good.
- In the morning, formulate an intention for your day (for example: patience, consolation...). In the evening, take a few moments to collect 3 gratitudes (= 3 thanks for the little things you've experienced during the day).
- Limit your exposure to radio waves, unplug your wifi at night, limit the length of your phone calls and use a hands-free kit instead.
- Eat fresh, local (seasonal), quality food. Make sure you eat your meals in a peaceful environment. Start by breathing and giving thanks, then take the time to chew and connect with the present that is your food.
- Pay attention to your relationship with yourself, how you talk to yourself, how you look after your body, your pace of life and how you feel. You are your first ally.

There's a Chinese proverb that says "what comes quickly goes quickly". Take your time and go at your own pace. Any complex task becomes easier if it's broken down into smaller steps.

Why not start today with the smallest possible change? ☺



Tips for visio therapy

Prerequisites

- Have a space where you can be alone, without the risk of being disturbed or overheard.
- Internet connection with sufficient speed, webcam/microphone

PREPARATION FOR THE SESSION

Preliminary questions :

- Does the distance mode present certain difficulties for me?*
- What do I need to feel completely comfortable and secure?*

Installation

- Make yourself comfortable (seat, cushion...) and take something to drink with you.
- Test your sound and video system; choose the distance from the camera and orientate it so as to focus on the upper body (except in exceptional cases, it is not appropriate to carry out the consultation lying down in bed). Charge your device for peace of mind.
- Deactivate sound/visual notifications from applications

After the session

Air out the room. Remember to drink and stretch... Some people like to stretch their legs because video requires a certain amount of concentration. A few eye exercises can help, and I'll be happy to tell you about them on request.

Please note

- The video software is only used for consultation appointments. It is not an emergency system. Whether online or face-to-face, the ethical and deontological rules are the same.

