**Merrill Hicks Psychotherapy**

**From Trauma to Inspiration**

A tree in the water

AI-generated content may be incorrect.

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**Trev, please make the picture the whole page.**

**Latest Notices – can you please leave a blank bit where Availability is so that I can keep changing it with whatever I want to put in there from time to time and please may whatever I write in there show in red.**

A silhouette of a person jumping over a cliff

AI-generated content may be incorrect.

**Home**

Do you ever wonder how your life would be & what you would do if you were no longer confined by the difficulties you are experiencing now? Imagine being free from past painful experiences. This can definitely be a reality and I have seen it happen. It is truly inspiring to witness.

I can’t promise you will experience this; but I can promise to do my best as we work together on whatever issues you bring. And if we fail to achieve this wonder together, it is not your fault. It most likely means I have more to learn.

**About**

My background: After leaving school I worked in a Bank, until taking time out and having children. During this time I got involved in Charity work, which I really enjoyed, but unfortunately it didn’t pay the bills, so I studied to become a Social Worker, which I thought would allow me to do the work I loved while earning money. Over time I realised it wasn’t allowing me to do the kind of work that inspired me, so I studied and became a CBT therapist. I really enjoyed that work and did it for a long time. I then trained as an EMDR Therapist; and seeing transforming changes in people’s lives, is what truly inspires me.

In the past I worked in one of the Priory Hospital and I have also worked in NHS.

Now I have my own Private Practice.

**Qualifications & Training**

I qualified as a Social Worker in 1997 and hold a BA in Social Work & Counselling.

I became an Approved Mental Health Officer in 2002. In 2003 I did a Post Qualifying Award in Social Work and a Postgraduate Diploma in CBT in 2006. I was accredited as a CBT Therapist in 2007 and as a CBT Supervisor in 2012. In 2018 I completed my EMDR training.

I am currently working towards accreditation as an EMDR Therapist, and I sometimes ask my EMDR clients if I may record our Sessions, because in order to become accredited I need to provide evidence (in the form of recordings of my sessions), of the quality of the EMDR work that I do. However, there is no obligation for my EMDR clients to give their approval for their sessions to be recorded; and personally, if I was a client, I wouldn’t like my sessions to be recorded for someone else to listen to; although I know the person listening to them is judging the therapist and not me. So, although I ask clients if they would agree to this, because it’s something I have to do for accreditation, it is perfectly fine if they decline to give permission.

**What to do in an emergency**

Please note – I am **unable** to provide an out of hours **or** Crisis Response service. If you urgently need medical help or advice, but it is not a life threatening situation, **call 111**.

If you or anyone else is in immediate danger of harm, **call 999**. Alternatively, you can call **Samaritans 24 hours a day, 7 days a week on 116 123**, or you can contact your GP or visit your local A&E department.

**Cost & Contact**

**Merrill Hicks Psychotherapy**

**41 Berechurch Hall Road**

**Colchester**

**CO2 8RF**

**07799391737**

**Email:** [**merrillhickspsychotherapy@gmail.com**](mailto:merrillhickspsychotherapy@gmail.com)

**My Working Days & Hours:**

Tuesdays, Wednesdays, Thursdays - 8.30am – 5.00pm.

There is no Secretary at this practice so emails and telephone calls are only responded to on my working days. Outside these working hours, you can leave a message, and I will respond as soon as possible when I am in the office.

**Attending & Paying for Therapy:**

I don’t ask clients to sign up for a particular number of sessions; and I have no contracts they need to sign; and I don’t send out Bills. All I ask is that clients pay me the agreed fee directly after each session. If clints attend in person, then I would require payment in cash at the end of each session, and I will give a receipt. If the sessions are online, I would expect the agreed fee to be paid into my Bank Account directly after the session. For online sessions I only send out receipts at the end of each month.

I require at least 24hours notice for any cancellations, otherwise the full fee is payable.

I also require clients to attend sessions weekly (or twice a week) for as long as they attend. I find that less frequent sessions interferes with momentum.

As we have no therapy contract, clients are free to terminate sessions at any time they feel the sessions are no longer benefitting them. I just require 24 hours notice. I would, however, suggest that clients give themselves at least 4-6 sessions to decide whether or not the therapy is worth the cost, because initially we need to get to know each other; and we need a good shared understanding of your difficulties before deciding together where to target our intervention.

**Cost:**

Counselling / Psychotherapy £75 per Session (50 minutes)

Counselling / Psychotherapy £100 per Session (80minutes).

**Low Cost Psychotherapy:**

I offer a few low cost Sessions £50 (50 minutes) for those who feel they really need therapy but can’t afford it. If you need one of these appointments, please let me know and send information about your financial situation.

**Contact Me:**

If you would like to Book a Therapy Session, or if you would just like to talk about possibly attending therapy, please complete the online form below. I will then call you to talk through any concerns you may have; or to book an appointment for you.

1) Trev, the attachment in my email is the kind of Contact Form I would like please.

The font doesn’t have to be the same as theirs.

2) This is what I would you to put in the extra box just above the SUBMUT button.

**NB:** Please tell me when is **not a good time to call you?**

**If I call and you are unavailable, may I leave a message with whoever answers the phone? Yes No Trev, please make it so they can’t submit it without one of these boxes ticked.**

**And then please put this at the bottom of the contact form.**

*Please note that emails can be intercepted in transmission or misdirected. Please therefore be circumspect in what you disclose in your email.*

**Latest Notices - Please Read**

**Availability**

I am away for the first three weeks in November 2025 and will not be able to respond to emails or phone calls until I return. I will, however, have capacity to take on new clients from December 2025.