

The Yoni Therapist



Psychosexual Therapist - Couples Counsellor - Intimacy Coach

Michelle Jeremy

MSc, PGDip, BSc. PGCE



ABOUT ME



I've worked in health and wellness for over 20 years, starting my career as a Physical Therapist and Lecturer.

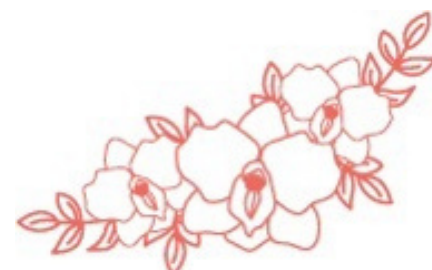
Over the years, many of the women I worked with began opening up about their struggles with sex and intimacy. These quiet, often tearful conversations were raw and real—and they stirred something in me. I decided to deepen my training in Clinical Sexology, with a special focus on female biomedical issues.

For many women, sexual desire is the first thing to fade when life gets overwhelming. It can leave us feeling disconnected, undeserving of pleasure, or unsure how to find our way back to ourselves. Too often, we believe “sex” is something we used to do—but I believe pleasure is still possible. And you are still worthy of it.

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

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client TESTIMONIAL

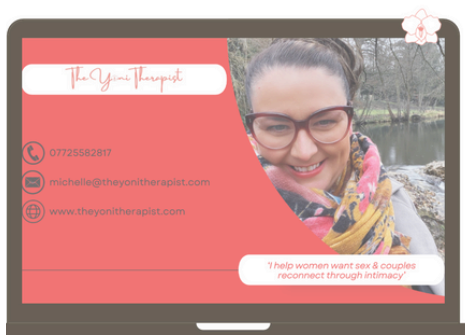
'I just wanted to say thank you. You honestly changed and saved my life. I am so thankful that I met you and couldn't have asked for a better therapist and just all round amazing human! I will forever be grateful. The best thing I ever did'. - Rhia



THERAPY SESSIONS

Standard Session

A guided, structured journey tailored to your needs. Sessions typically run in blocks of 4–8, followed by a review, and may include therapeutic homework, journaling prompts, or email check-ins. This format is ideal for addressing long-standing patterns, rebuilding intimacy, or reconnecting with your sense of self.

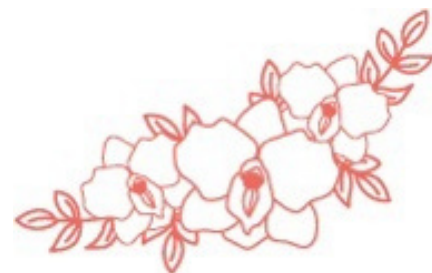


Available in person (Thetford) or online, 6 days a week.
50–55 minutes

Deep Dive Session

Perfect for those travelling from further afield, or for clients wanting more spacious exploration. This extended format allows you to go deeper without the pressure of time and is a popular choice for those seeking focused insight or a one-off therapeutic boost.

Available in person (Thetford) or online, 6 days a week.
2 hours





client TESTIMONIAL

'I can't thank you enough for the reassurance with everything, it's making me feel very optimistic about the future and I'm extremely grateful to you. I really am very appreciative!' - Bev



THERAPY SESSIONS

Intensive Session

A powerful, immersive experience for clients ready to work deeply on a specific issue or theme. With time to explore, pause, and return to the work within the same session, intensives create space for meaningful breakthroughs that shorter sessions may not allow. Often chosen at crossroads, during times of change, or when seeking momentum in healing and growth.



Available in person (Thetford) or online, 6 days a week.

3 hours

Immersive Day Therapy

A full-day therapeutic journey designed for deep reflection and transformation. The day is carefully structured with exploration, integration, and rest, allowing space for profound shifts that can't always be reached in shorter sessions.

To support lasting change, this option includes 4 weeks of follow-up contact:

- Weekly 50-minute check-in sessions (online or phone)
- Email and text support in between sessions for accountability and guidance

This blend of intensity and consistency is ideal for those seeking a reset, breakthrough, or major step forward in their personal journey.

Available in person (Thetford, Norwich and Bury St Edmunds).

5–6 hours (with breaks) + 4 weeks of ongoing support





client TESTIMONIAL

'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