

## ART Clinic ¿How does it work?

1



Before starting the therapeutic process, you will have a free 20-minute informational meeting, during which we will make the first approach to understanding what you are looking for help with, we will inform you about how we work and we will choose the most suitable therapist for you.

2



You will get access to the online psychoeducation course that is a theoretical basis for both you and your family members, if you wish.

3



You will start your process with your psychotherapist. You will do between 1 and 3 exploration sessions during which we will establish the diagnosis, define the objectives and prepare the treatment plan. We will decide on the type of therapy (individual, couple and/or group), the frequency and the stages of your treatment. We will share with you a document with our observations and the treatment plan.

4



Our team meets weekly to exchange ideas and clarify doubts related to all our patients, so you will always be taken care of by the entire team to ensure the best quality of your treatment.

5



Every 10 sessions, with your therapist, you will review the process and the objectives to make sure that everything is aimed at achieving what we have proposed.

6



While you are waiting for or after your session, you can enjoy a specialty coffee in the ART Clinic cafeteria. We also have tea and fruit if you wish.

## Moreover

- All your appointments can be booked, cancelled or rescheduled through our booking system:  
<https://app.acuityscheduling.com/schedule.php?owner=21063694>
- Remember that, if you need to cancel or reschedule your session, you can do it without cost if you do it at least 24 hours before the session.
- Throughout the process you can count on the support of your therapist and the ART Clinic for any questions or comments you have.
- If you want to send us any comments anonymously, remember that on the website you have a link to give us feedback.  
<https://proyectoart.com/como-trabagamos/> or directly at:  
[https://docs.google.com/forms/d/e/1FAIpQLSdpxmwotNx2JUstxi1MpeLKUq46xGyv0RiE\\_bsb1x6mLJmb0w/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdpxmwotNx2JUstxi1MpeLKUq46xGyv0RiE_bsb1x6mLJmb0w/viewform)
- After booking each session you will automatically receive an invoice and you can make your payment by card online through the session confirmation email.
- If you wish, on our website you have a blog with posts always related to the themes of the ART Project. If you want to be up to date with new discoveries in the field of ART or with the news of the ART Project, do not forget to sign up for our Newsletter.



We hope you will enjoy the experience and that we can help you decide on how you want to live your personal story.