

ART Clinic ¿How does it work?

1



Before starting the therapeutic you will take two steps: the first step will be an **informational meeting free of charge** in which we will explain how the therapy process works, how our team works and our conditions. The second step will be a **pre-treatment clinical session** to get to know you better, establish a preliminary diagnosis and choose the most suitable therapist for you.

2



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

3



You will start your process with your **psychotherapist**. You will do about **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 assess if you might benefit from a session with a **doctor and/or a nutritionist**. 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 the **entire team** will always take care of you 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](#)
- 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 or directly [HERE](#)
- When you book your session, our system will ask you for your credit card as a reservation guarantee. Your card will be automatically charged 7 days after your session. You can also pay by card online while booking or later through the session confirmation email.
- After booking each session you will automatically receive an invoice.
- 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 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 how you want to live your personal story.