

ART Clinic ¿How does it work?

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Before starting the therapeutic process, the first step is to book a **pre-treatment clinical session** with one of our therapists to get to know you better, establish a preliminary diagnosis and choose the most suitable therapist for you. Before the session you will obtain **written information** on therapy process, how our team works and our conditions (the document you are reading right now). You can also schedule an **informational free-of-charge meeting** (in person or online) to inform you about how we work or clarify any doubts you may have.

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If what you need is **couples counselling**, the procedure is very similar with a small modification - you will do all the sessions with your partner, except for 1 **separate individual session with the couples therapist**, in order to know the **relational history** of each one, which will surely contribute to the couple dynamic. If either of you also needs individual therapy, we will be happy to recommend another therapist to carry out the process.

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After the clinical orientation session, you will receive an email with the **recommendation of the therapist**, information on how to book your session, we will ask you to fill out a form with your information and sign the informed consent. You will also get access to the online **psychoeducation course**, which is a theoretical basis for both you and your family members, if they are part of your process. In the course you will find very important information about **our approach** and the different types of treatments we offer.

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If you are a **minor** or are looking for help for you child, and especially if you live with the family regardless of your age, **family therapy** will be a key part of your treatment. We will start with the space for parents with a family therapist so that later we can also include the child and help the whole family. It is very important to include the family from the beginning in the therapeutic process. You will find more information about why and how in the **psychoeducation course**

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If you do **individual therapy**, you will begin your process with your psychotherapist. You will do **about 3 exploratory sessions** during which we will establish the diagnosis, define the objectives and elaborate the **treatment plan**, which we will tailor to your needs. We will decide on the type of therapy (individual, family and/or group), the frequency and the stages of your treatment. We will consider adding a session with the **doctor and/or nutritionist**. We will share with you a document with the most important observations and the therapy plan. In the plan we will define the **setting** and it will be very important that we are all on board with what is proposed and can **commit to the process**. Otherwise, this will be the opportunity to **“negotiation”**.

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If you are interested in taking part in **group therapy**, to ensure that we can take care of both the group and each participant, it is necessary to be able to be in individual therapy with us apart from the group process. We will inform you more about this option in the orientation session or you can see the groups section in our psychoeducation course. On our website you can consult the currently open groups and the methodology.

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In addition, we want you to know that we are a clinic specialized in the treatment of **eating disorders and obesity**. Since eating disorders are disorders of the mind and body, our approach is **multidisciplinary and comprehensive**, so that treatment can be effective. This implies that we always provide **psycho-nutritional support and medical care** to all patients diagnosed with ED. Without the support of the nutritionist and the doctor, it is very difficult for therapy to be of sufficient help.

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Commitment and perseverance are very important in the therapeutic process for it to be effective. It is important that we can mutually commit to what we are doing, both you (since this is an effort on your part) and us, ensuring the minimums that we need to be able to take responsibility for helping you.

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Although we specialize in eating disorders (EDs), this does not mean that we only treat EDs. We also specialize in difficulties in **relationships, problems with self-esteem**, and as consequences, symptoms of **anxiety and depression**. Furthermore, and given the high co-occurrence of EDs and personality disorders (PD), PDs without EDs are also our area of knowledge.

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Additionally, you will receive your **personal code for the door** so you can enter whenever you want. Our clinic opening hours are 10 a.m. to 8 p.m., Monday to Friday. You can spend as much time at the reception as you want, in case you feel like working or eating there.

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Our team will meet 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. This is our way of **multidisciplinary and team work**, where we share responsibility for your treatment with different professionals.

Every 10 sessions, with your therapist, you will review the process and objectives to ensure that everything is aimed at achieving what we have set out to do.

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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. Our goal is to make you feel at home.

Moreover

- Your therapist will book your sessions for you with the frequency agreed upon in our system (always prioritizing a fixed slot). You can also schedule them yourself through our automatic [booking system](#)
- If you need to cancel or reschedule your session, you can do so at no cost at **least 24 hours prior** to the session (by notifying the therapist by email) and **up to 6 times a year**. For more information about our **cancellation policy**, click [here](#).
- We are not part of any **insurance company**, but our automatic invoices (issued at the end of the month) can be used to send them to the insurance company, if it covers the costs of therapy with a **professional outside the medical directory**.
- 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 after your session.
- 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.