

ART Clinic ¿How does it work?

1



Before starting the therapeutic process, the first step is to book a **pre-treatment clinical orientation session** with one of our therapists. You can also schedule an **informational free-of-charge meeting** (in person or online) to obtain information on how we work and to clarify any doubts you may have.

2



After the clinical orientation session you will receive 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.

3



Once you start the process with the recommended professional, you will do **about 3 exploratory sessions** (ideally 1-hour) after which we will elaborate the **treatment plan** tailored to your needs.

4



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.

5



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.

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. 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](#)
- **Payment:** We use an automatic payments system to make it easier and agile for everyone. 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.

