

## How do we approach family therapy at Clínica ART?

1



Before beginning the therapeutic process, the first step is to book a **pre-treatment clinical orientation session (€80)** with one of our therapists. Since our approach to working with adolescents involves family participation—recognizing the vital role the family plays in both their life and the therapeutic process—it is essential for us that all family members attend this initial orientation session.

2



Following the clinical orientation session, the professional who conducted it will contact you to assign both the minor's individual therapist and the family therapist. You will also receive access to our online **psychoeducation course**, which serves as the theoretical foundation for our work. This course provides important information regarding our approach and the various types of treatments we offer.

3



During the evaluation phase, you will begin with a **joint family session (parents + adolescent) with both therapists (€170)**. Following this, the adolescent will complete approximately **2–3 recommended 1-hour individual sessions (€100 each)**, followed by a **feedback and treatment plan review session (€120)**.

Additionally, the family will participate in approximately **2 family therapy sessions with the family therapist (€100 each)**. Depending on the situation and the professional's recommendation, these sessions may include both parents together, each parent separately, or the entire family. Afterward, you will also have a **feedback and treatment plan review session (€120)**.

4



Simultaneously, in cases of **Eating Disorders (ED)**, it will be determined whether **nutritional or medical support** is required—either immediately or at a later stage—which would also include an **evaluation and feedback sessions**.

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The **treatment plan** will establish how we move forward and define the structure of the process. Depending on the setup of the treatment plan, the sessions may consist of family sessions with the entire family, sessions with the parents, or individual sessions with the adolescent. The frequency of these sessions will also be determined at this stage.



### 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 using a cancellation button in the WhatsApp message with booking confirmation/reminder) and **up to 6 times a year**. For more information about our **cancellation policy**, click [here](#).
- We strive to be on time, but we ask that you allow an extra 15 minutes for your session in case of a delay. Any wait time exceeding 15 minutes is our responsibility.
- Check our pricing details [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. Use the email [info@proyectoart.com](mailto:info@proyectoart.com) or whatsapp +34623022331 for any additional consultations.
- 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 24h before the 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.**