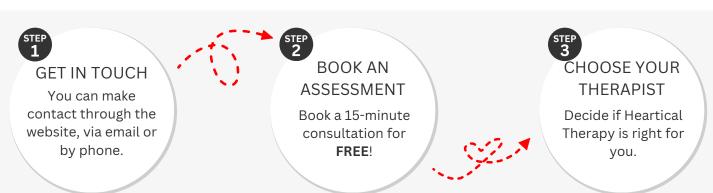


### **EVERY JOURNEY STARTS WITH A SINGLE STEP**

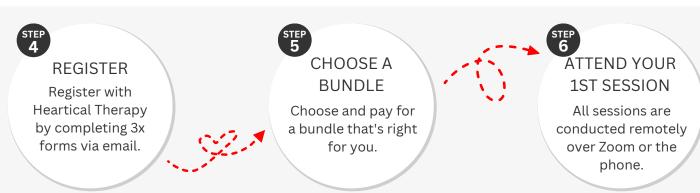
Starting therapy for the first time or working with a new therapist can be anxiety-inducing. We have therefore created this document to support your journey from the very first step to your first session.



## WHY CHOOSE HEARTICAL THERAPY?

- Approaches draw inspiration from various counselling, coaching, energy psychology, and cultural models.
- Therapy is provided in a safe, confidential, and non-judgmental remote environment.
- Sessions are uplifting, relatable, culturally sensitive, and tailored to your individual goals.
- There are a range of session types available to suit everyone, with bundle sessions offering greater value for money.





### **HEARTICAL THERAPY BUNDLES**

Real Deal Bundle Heartical Therapy Individual Bundle The Kings Circle Bundle Heartical Hearts Relationship Counselling

### **OTHER SESSIONS AVAILABLE**

Individual Counselling Session Couples Session

# **BOOK YOUR SESSION TODAY**

W W W . H E A R T I C A L T H E R A P Y . C O M

