

THE HEARTICAL THERAPY PATHWAY

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.

STEP
1

GET IN TOUCH

You can make contact through the website, via email or by phone.

STEP
2

BOOK AN ASSESSMENT

Book a 15-minute consultation for **FREE!**

STEP
3

CHOOSE YOUR THERAPIST

Decide if Heartical Therapy is right for you.

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.



STEP
4

REGISTER

Register with Heartical Therapy by completing 3x forms via email.

STEP
5

CHOOSE A BUNDLE

Choose and pay for a bundle that's right for you.

STEP
6

ATTEND YOUR 1ST SESSION

All sessions are conducted remotely over Zoom or the phone.

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

WWW.HEARTICALTHERAPY.COM

