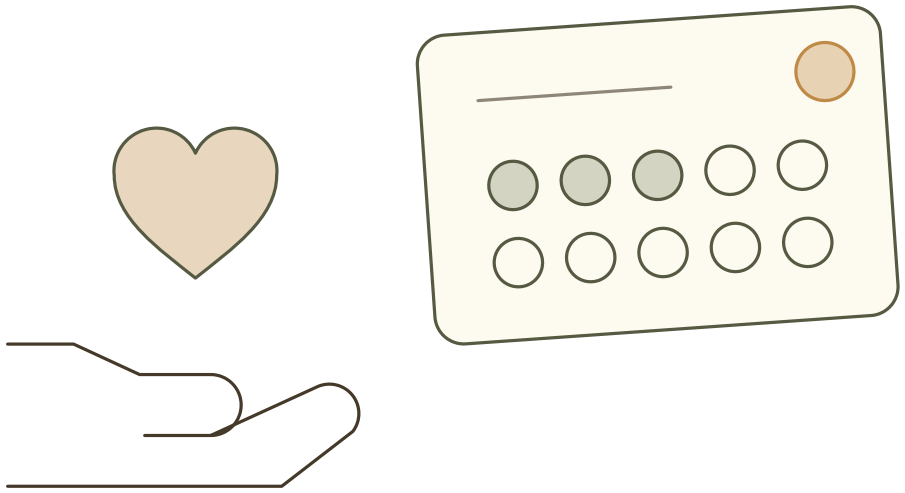
PSIRA
INSTITUT DE PSICOLOGIA I SALUT INTEGRAL



The bono psicosocial, step by step

What our low-cost therapy programme is, who it's for, how it works with a resident psychologist and what to prepare before booking your first visit.

For anyone over 16, including students, unemployed and retired people, who wants affordable therapy · 6 min read

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Therapy can make a real difference, but the cost leads many people to think twice or put it off. That's why Institut PSIRA runs the bono psicosocial, our low-cost therapy programme: psychotherapy at affordable prices, so that therapy is open to everyone. At the centre we sum it up in one line: mental health is a right, not a privilege.

This guide walks you through how it works, step by step, using the information the centre publishes. You'll also find what it means to be seen by a resident psychologist, what you can prepare before your first visit and which questions are worth asking when you book, because some details are best confirmed with the centre directly.

What the bono psicosocial is

It's a way of having psychotherapy at Institut PSIRA for less than a standard appointment. Your sessions are with a resident psychologist who works under constant professional supervision, so your therapy is always guided by experienced specialists.

In short, here's what you need to know:

- It's for anyone over 16.
- At your first visit you're assigned a resident psychologist.
- You see the same person throughout their five-month residency.
- The resident psychologist works under constant professional supervision.
- Sessions last 55 minutes.
- You can have them online or in person.

Who it's for

The bono is designed for anyone over 16 and specifically includes students, people who are unemployed and retired people. In other words, it's for anyone who wants to start or continue therapy and needs the cost to be manageable.

If you're not sure whether it applies to you, the easiest thing is to ask when you book. There are some things this guide can't confirm, such as whether you need to show any proof of your situation (a student card, or evidence that you're unemployed or retired, for example), the exact age from which you can join, or which concerns it's suitable for. You'll find a list of questions at the end so you don't miss anything.

What a resident psychologist is and what supervision means

Generally speaking, a resident psychologist is a psychology professional doing a period of clinical practice at a centre, alongside colleagues with more years of experience. During that time they see clients and, at the same time, discuss and review their work with their supervisors.

Supervision is standard practice in clinical training. It usually means an experienced professional follows how each case is progressing, helps the resident think it through and make decisions, and makes sure the care is of a good standard. At PSIRA, the centre describes this supervision as constant.

In practice, that means two things for you. First, you'll have the same person throughout the five-month residency, which helps build a relationship of trust. Second, there are specialists behind your sessions supporting the process. If you're wondering how your information is handled in supervision, that's a perfectly reasonable question: ask it at your first visit.

How it works, step by step

1. **Book an appointment**
   You can book your first visit on Doctoralia or by messaging us on WhatsApp at +34 621 404 235. Say you'd like to use the bono psicosocial, and ask any questions you have, such as whether you need to bring any documents.

2. **First visit**
   This is your chance to explain what brings you in. You're assigned your resident psychologist, and they'll explain how the sessions will work and how your therapy will unfold. Like every session, it lasts 55 minutes, and it costs €25.

3. **Follow-up sessions**
   You carry on seeing the same person, online or in person, whichever suits you best. Each session lasts 55 minutes and costs €20. You'll agree how often to meet with your psychologist.

4. **The 10-session bono, if it suits you**
   If you prefer, you can use the 10-session bono, which costs €200. If you complete all ten sessions, you get an extra visit free.

5. **Throughout the five-month residency**
   You work with the same resident psychologist throughout their five-month residency, always under professional supervision. What happens when that period ends is one of the things worth asking at the start.

What it costs

- First visit: €25.

- Further sessions: €20 each.
- 10-session bono: €200. If you complete all 10 sessions, an extra visit free.

The price per session with the 10-session bono is the same as paying session by session; the benefit is the free visit when you complete it. If you're thinking of buying it, ask how and when it's paid, whether it has an expiry date and whether the first visit counts towards it or is paid separately.

What to prepare and what to ask

You don't need to prepare anything to get started, but jotting down a few things before your first visit will help you make the most of it:

- ☐ What's making you seek help now, in two or three sentences.
- ☐ How long it's been going on and when you notice it most.
- ☐ What you've tried so far and what has or hasn't helped.
- ☐ What you'd like to change, even if you're not entirely sure yet.
- ☐ Whether you take any medication or have had therapy before.
- ☐ Whether you'd prefer online or in-person sessions, and which days and times suit you.

And these are the questions we suggest asking when you book or at your first visit, as they're details the centre will confirm with you directly:

- **?** Do I need to show that I'm a student, unemployed or retired? Which document do I need?
- **?** Can I join at 16, or do I need to be 17?
- **?** Is what I'm going through something that can be treated under the bono?
- **?** Is the 10-session bono paid upfront? Does it expire?
- **?** Is the first visit part of the 10-session bono or paid separately?
- **?** What happens when the five-month residency ends if I still need to continue?
- **?** How does supervision work, and how is the confidentiality of my sessions protected?
- **?** Can I mix online and in-person sessions?

The bono isn’t an emergency service

If you’re in danger or having thoughts of harming yourself or ending your life, don’t wait for an appointment. Call 112, or 024, the Spanish suicide prevention helpline, which is free and available 24 hours a day.

If you’d like to get started, book your first visit with the bono psicosocial on Doctoralia, or message us on WhatsApp at +34 621 404 235 or email info@institutpsira.com. We’ll explain how the whole process works so you can begin with confidence and without pressure. We’re at c/ Marquès de Caldes de Montbui, 123, Girona, Monday to Friday from 8:30 to 20:00.

Would you like to talk it through with someone from the team?

Book on Doctoralia or message us on WhatsApp and we’ll point you in the right direction. WhatsApp +34 621 404 235 · info@institutpsira.com · c/ Marquès de Caldes de Montbui, 123 · 17003 Girona

This guide is for general information and is no substitute for an assessment by a professional. In an emergency, call 112; if you are thinking about suicide, call 024.