



Access Art Therapy with Aisling Fegan

THErapy AGREEMENT July 2021

Aisling Fegan, art psychotherapist, 07527156037, accessarttherapy@gmail.com

Welcome to my art psychotherapy practice. This document contains information about my professional services and practice policies. Upon your signature (or by attending the sessions if agreed), the document constitutes a binding agreement between us.

About

I offer art psychotherapy groups and individual sessions; online and face to face. Art making in art psychotherapy can help people to express themselves without the need for words. All forms of psychological therapy can have benefits and risks. Discussing any unpleasant aspects of your life may lead to uncomfortable feelings. However, the benefits of expressing yourself can lead to improved relationships, resolution of issues or worries and over time, reduced feelings of distress.

What is art therapy?

Art therapy (also known as art psychotherapy) is a psychological therapy that uses creative practices like drawing, painting, collage and sculpting to communicate thoughts and feelings. It is not dependent on spoken language and can therefore provide an accessible way to engage with difficult emotions. You do not need to have any special skill in art to make use of art therapy. The focus is not on aesthetics.

Online Therapy

You must use a quiet room with full privacy and no interruptions. This includes no phone calls, emails or texting during the entire session. Recording of sessions is NOT permitted. **Group members are encouraged to log into zoom, 5 minutes before the group starts.**

Online therapy is not suitable for clients who find themselves in an immediate crisis situation. You are advised to contact your GP for medical help/advice or call emergency services, if there is an imminent risk or danger.

Confidentiality

Your art therapy sessions are confidential. This confidentiality is broken only when I give my written consent. In exceptional circumstances, where there are serious acts of harm to self and others, in criminal cases or if my therapist is summoned to appear before a Court of Law, it may not be possible to maintain confidentiality. It should be stressed, however, that this is unusual and in all cases the client will be consulted and kept informed.

When attending a group, you must keep confidential the identities of group members and all that they share. If you chose to share details of your own group experience you must do so in a way that does not potentially reveal the identity or any personal information about other group members. Contact outside of the group should be avoided. This includes avoiding contact via social media. If you have any interactions between group members this should be brought back into the group for discussion.

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The Frame

Individual therapy is 50 minutes and group sessions are typically 90 minutes long. It is important to arrive on time and remain for the entire session. The commitment I require from my clients is to keep their scheduled appointment time each week, so I do charge when you miss sessions in an agreed course of therapy. I will give as much notice as possible in the event of an unscheduled cancellation, for example if I am unwell. All such cancellations will not be charged.

Individual art psychotherapy is £60 per session and group therapy is £20 each week, unless agreed otherwise. I use a sliding scale for calculating fees. So, it is an option to pay an agreed price that you can afford. Please ask me about this, if you would like to discuss the cost of therapy. Payment is appreciated one month in advance.

When attending a course of face-to-face art psychotherapy, I keep your artwork safe between sessions. If you do not wish to take your artwork home at the end of our work together, I will dispose of it securely. In online art psychotherapy, I request a screen shot of the artwork made. This is to keep a visual record of the session and to help inform clinical decision making, often as part of clinical supervision.

Endings are an essential part of the art psychotherapy process. When possible, a minimum of one month's notice should be given before ending therapy. The aim is to provide a period of time to resolve any unfinished issues and end the sessions safely. If for some reason you are unable to attend further sessions, I ask that you contact me to communicate this so that we have a shared understanding about the ending. I will not suddenly or without warning terminate our contract / therapy agreement, except in exceptional circumstances.

I use social media for marketing and as part of social / art therapy related activism. Because of this, you may learn things about me or my art practice. I choose not to follow or friend clients via social media and I would encourage you not to communicate with me via social media. The contact details I have provided you with are for use in the case of cancellations. We shall not meet and /or have contact outside of this professional therapeutic relationship.

Complaints

If you are concerned about my practice, please feel free to communicate this to me at the earliest possible opportunity. I will do my best to address your concerns and take steps to try and resolve whatever issues you may raise. Should you wish to take the matter further, please contact Health Care Professionals Council or if it is a matter concerning the management of your personal information, contact the Information Commissioner's Office on 0303 123 1123, or visit <https://ico.org.uk/concerns/> for more information.

Evidencing the value of art psychotherapy

Occasionally, I publish articles that feature short, anonymised case studies to communicate the value of art psychotherapy to others. I ask clients for their consent to be part of this process and I do not share art psychotherapy artwork, without your permission. There is an Opt-in option at the end of the consent form.

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CONSENT

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Contact Information

Clients Full Name:

Next of Kin, Guardian / Carer / Parent(s) Names & Contact Info:

Clients Date of Birth:

Address:

Phone number:

Email Address:

Emergency Contact: Name & Phone number:

Physical Address during Online Therapy Sessions:

GP Name & Contact Info:

Psychiatrist Name & Contact Info (if applicable):

Care Co-ordinator Name & Contact Info (if applicable):

Crisis Team Contact Name & Contact Info (if applicable):

Art psychotherapy start date:

The approximate length of therapy: Ongoing, with review

The agreed frequency of the sessions: Weekly during term time.

Agreed cost per week: £45

I consent to the terms outlined in this Therapy Agreement.

I confirm that I have given permission to Aisling Fegan to contact my GP or Psychiatrist if it is deemed necessary at any time.

Your name:

Your signature _____

Date _____

Opt-in

I give permission for the anonymised content of my art psychotherapy sessions and photographs of my art psychotherapy artwork to be used for publication in professional journals or literature. This is for the sole purpose of communicating the value of art psychotherapy to others. I understand that once published, this information cannot be retrieved. This does not affect your right to access therapy.

Your name:

Your signature _____

Date _____