



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.

Confidentiality

Everything that you discuss with me is confidential. Confidentiality will only be broken if there is concern about your safety or the safety of someone else or I am instructed to do so by a Court of Law. I will always endeavour to discuss this with you first. Anonymised case material is occasionally referenced in training and clinical supervision settings, with other experienced practitioners who honour the same contract of confidentiality.

Commitment

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. I would encourage you to try to arrange vacations to coincide with planned breaks. 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. The commitment I require from my clients is to keep their scheduled appointment time each week, so I do charge for any appointment cancelled, for any reason. A minimum of four weeks' notice is required for planned cancellations. If you have on-going sickness (provided you have cancelled the sessions) these will not be chargeable.

The Artwork

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.

Safety

Online art psychotherapy 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.

Group Therapy

An effective group takes a lot of work and faith to develop. The following are some agreements that I have found to be essential to a successful group. Group membership require at least one individual meeting with me prior to the group starting. Groups run in 10-week blocks, unless stated otherwise. Groups have a maximum capacity of eight. You are encouraged not to use your second name. 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. Please note that I cannot guarantee that group members will abide by this most essential agreement. Contact outside of the group should generally be avoided. If you have any interactions between group members this should be brought back into the group for discussion as it group business.

Online Therapy

I conduct online art psychotherapy sessions using Zoom as a platform. You will not have to purchase a plan when you “join” an online meeting. It is your responsibility to connect both audio and video, unless other arrangements have been made on that occasion. You must use a quiet room with full privacy and no interruptions. This includes no phone calls, emails or texting during the entire session. It is imperative that no family member or friend is in hearing or visual proximity to you or to your electronic device during the session. Recording of sessions is NOT permitted. It is important to have a secure internet connection rather than public/free Wi-Fi. In order to be punctual please set up for the appointment at least 5 minutes before it is due to begin. You will be admitted to a virtual waiting room. Our safety plan includes at least one emergency contact and your location during the call. I may determine that due to certain circumstances, online therapy is no longer appropriate for you.

Ending Therapy

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.

Fees and payments

Individual art psychotherapy is £60 per session and group therapy is £20 each week, unless agreed otherwise. Should you experience any difficulties with payment, please discuss this with me. If you cannot afford the fees and I cannot find any reduced slots available, I will look to signpost you to another art psychotherapy service where possible. Payment is appreciated one month in advance. Some people prefer to pay for a course of therapy for example a 10-week block. My bank details will be provided in an invoice, stating the number of sessions you would like to pay for. If for any reason fees for 2 sessions are outstanding, I will ask that you settle this before booking any further appointments.

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.

Data Protection and the law

As a private practice, Access Art Therapy complies with data protection legislation and best practice guidelines (HCPC), respects individuals' rights and is transparent about how identifiable information is held and managed. My privacy policy is available on the [Access Art therapy website](#).

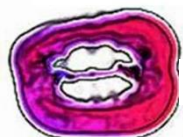
Covid-19

Currently all sessions are being conducted online.

Conduct

If you are under the influence of non-prescribed drugs, or alcohol on the day of your appointment, I will be unable to offer you a session. 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.

I have a valid [DBS](#), [ICO](#) registration, [HCPC](#) registration (AS15235), [BAAT](#) membership and the appropriate insurance for online and face to face therapy. 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.



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CONSENT

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

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 _____