



Aerie Art Therapy Services

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## Client Agreement and Therapeutic Policies

This agreement is intended to provide clients with important information regarding my professional services and business policies. This consent form will provide a clear framework for our work together and will facilitate our therapeutic relationship. Any questions or concerns regarding the contents of this agreement should be discussed with me prior to signing it.

### Part 1: Therapist Information

#### Professional Orientation:

I provide individual art therapy for children and youth, as well as adults. I also offer family, couples, and group therapy. Depression, Anxiety and Panic Attacks, Trauma, PTSD, behavioral issues and Grief are some of the issues that we can address through art therapy.

I am a studio-based art therapist. I also integrate, cognitive behavioral therapy, focussing, play therapy, talk therapy and narrative.

I practice in a large studio space which offers separate yet integrated areas for play, artmaking and comfortable conversation.

#### What is art therapy?

Art Therapy is a mental health practice which combines psychotherapeutic theories and techniques and the creative process. Clients, supported by the Art Therapist, engage in the creative process of art making to improve and enhance the physical, mental and emotional well-being. Emotions are expressed symbolically and the client is able to gain insight and self-awareness through reflecting on what they've made and how they've made it. Therapeutic art making allows people to improve self-knowledge, build resilience and healthy coping strategies, process and resolve trauma.

#### Education and Background:

I have a Diploma in Art Therapy from Winnipeg Holistic Expressive Arts Therapy Institute, and am a Professional Member of the Canadian Art Therapy Institute. I have a BFA from Emily Carr Institute of Art and Design. I also have professional background in education at all levels, but most extensively working with children and youth.



## Part 2: Client Rights

1. You have the right to ask questions about any procedures used during therapy; if you wish, I will explain my approach and methods to you.
2. You have the right to decide not to receive therapeutic assistance from me; if you wish, I will provide you with the names of other qualified professionals or resources whose services you might prefer.
3. You have the right to end therapy at any time without any moral, legal, or financial obligations other than those already accrued. I ask you contact me by phone or in person before you make such a decision without prior discussion.
4. You have the right to expect that I will maintain professional and ethical boundaries by not entering into other personal, financial, or professional relationships with you, all of which would greatly compromise our work together.
5. Therapy involves a partnership between therapist and client. As your therapist, I will contribute knowledge, skills and a willingness to do my best. However, I believe that you are the expert on your body and your health and as such require engagement and willingness on your part.

Client's Initial's \_\_\_\_\_

One of the most important rights involves confidentiality: within the limits of the law, information revealed by you during therapy will be kept strictly confidential and will not be revealed to any other person or agency without your written permission. As your therapist, I am legally prohibited from revealing to another person that you are in therapy with me, nor can I reveal what you have said to me in any way that identifies you without your written permission. However, in the following instances, your right to confidentiality must be set aside as required by law or my professional standards.

### Limits of Confidentiality:

- a) Instances of actual or suspected physical or sexual abuse, emotional cruelty, or neglect of a child or an elder or dependent adult must be reported to the appropriate protective services.
- b) If I have a reason to believe that a client poses an unavoidable and imminent danger of violence to another person, I may warn the intended victim and notify the proper authorities.
- c) If you, as a client, reveal a serious intent to harm yourself, I am ethically bound to do what I can to help maintain your safety, which may involve notifying others who may be of assistance.
- d) If a judge orders my testimony or, in the context of a legal proceeding, you raise your own psychological state as an issue, I may be required to release your confidential information to the court.

In all of the above cases, it is incumbent upon me to release only that information necessary to appropriately carry out my responsibilities. Your confidentiality still remains an ethical priority.

Client's Initial's \_\_\_\_\_



## Part 3: The Therapeutic Process

The aim in art therapy is for the client to be able to express and process emotions, thoughts, events and experiences through the creative process with the purpose of generating positive change and improved quality of life.

Participating in art therapy may result in reduced anxiety, improved self-regulation, decreases in negative self-talk, improved relationships, more self-confidence, better sleep and improved physical health. However, there is no guarantee that you will experience these or any other benefits.

There can also be some discomfort involved in art therapy as we access unpleasant experiences, emotions and feelings through the art. The process may bring up feelings of anger, fear, sadness etc. During the therapeutic process some clients will find that they feel worse before they feel better, but my aim is to help you learn to work through those difficult emotions, as they are a normal and healthy part of the process of change. Please address any concerns you may have regarding your progress in therapy with me.

Client's Initial's \_\_\_\_\_

### Appointments:

Your appointment time is reserved especially for you. Therapy sessions are 60 minutes.

Cancellations must be made 24 hours in advance; if you cancel after 24 hours or are absent without notice you or your supporting agency will be responsible for the full fee. If you cancel late or do not show for two consecutive sessions I will consider your contract terminated.

Regular and punctual attendance is recommended for best results.

### Records and administrative services:

I may take notes during session, and I may also produce other notes and records regarding treatment.

These documents will be handled in accordance with the Health Information Act of Canada. I will not share your information with anyone without your permission, unless required to do so by law as discussed above.

### Professional Fees and Payments:

The fee per individual therapy hour is \$100 and is expected at the time of service.

Balances over 90 days overdue may be sent to a collection agency, however I may attempt to make other arrangements with you first. If financial issues arise please discuss them with me.

Client's Initial's \_\_\_\_\_

The following forms of payment are accepted through this practice:

VISA, Mastercard, American Express, Interac, cheque, cash, Apple Pay, Google Pay

You will be provided with a receipt. Funding agencies may be billed directly.



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**Your signature on this page confirms that you have read and understood the above information, and that you agree to all limitations and costs. It will be kept on file in the office, and you may keep a copy of this agreement for your personal records. Thank you.**

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Signature of patient, parent, or guardian

Date