

# Individual Art Psychotherapy

## RISKS AND BENEFITS OF ART THERAPY

Art therapy – like all therapies, has risks and benefits. For some clients, the art therapy process might trigger uncomfortable feelings such as sadness, anxiety, anger, or frustration. However, working through difficult emotions in a safe, therapeutic environment often yield benefits that usually outweigh the risks. Some clients have reported that the art therapy process helped them gain a new perspective on an ongoing situation or problem or develop new coping skills. Some reported that the art therapy process helped reduce stress and/or anxiety, that it made them feel happier, that their self-esteem and self-confidence increased, or that their relationships with others improved. But it is important to know that there are no guarantees. Everybody reacts differently to art therapy.

## SESSIONS & TREATMENT LENGTH

Each individual art therapy session is scheduled for one 50-minute hour. Sessions include time to work on art and time for reflection and discussion. It is important that you attend all scheduled art therapy sessions and be ready on time. The first 3 sessions are known as an assessment period. During this those first few meetings, you and your therapist will explore your needs, set goals, and plan treatment.

Length of treatment varies depending on the complexity of the issues being addressed and your progression. Either you or your therapist may decide when it is in your best interest to end treatment and will include a discussion between you and your therapist.

## THE THERAPEUTIC RELATIONSHIP

The therapeutic relationship is essential for successful therapy. It is a relationship built on trust, safety, consideration, and respect regarding your care. If you are unhappy with what is happening in therapy, please talk with us so that we can respond to your concerns. In the unlikely event that your therapist is no longer able to provide therapy for you, we will offer to refer you to another one of our therapists or to another service provider outside of InnerArt.

## PROFESSIONAL FEES

The fee for service is charged at the rate of \$150 for each 50-minute therapy hour. In the event of a fee increase, we will provide you with 30 days notice.

## BLOCK FEES/PACKAGE DEALS

If paying for a block of four (4) sessions in advance, a 10% discount will be applied to the total (pre-tax) fee payment. If therapy ends prior to all pre-paid sessions being provided, InnerArt will issue a full refund for the unused portion.

## FEES FOR ADDITIONAL SERVICES

In addition to art therapy sessions, InnerArt charges for other professional services you may need. These services might include attendance at meetings with you and/or with others that you have requested, telephone conversations lasting longer than 15 minutes, preparation of letters, reports, records, or treatment summaries that you have requested, and the time spent performing any other service you may request of your therapist or InnerArt. These additional services are charged in 15-minute increments at a rate of \$150 per 60-minute hour (\$37.50/15-minutes)

## BILLING AND PAYMENTS

Online bookings require providing a credit card to keep on your file. Payment for services will be accepted in the form of either credit card or e-transfer. If you prefer to pay by credit card, payments will be automatically charged by InnerArt. Payments by e-transfer are due before your scheduled appointment. If e-transfer payments are not received in a timely manner, InnerArt will charge your credit card for any outstanding balances. Payment schedules for other professional services will be agreed upon when they are requested.

A \$75.00 deposit is due when you book for the first time. (20-minute Initial Consultations are complimentary and do not require a deposit). The deposit will be applied to cover the cost of the fee of your first session. When you book for the first time, you will be offered the option of paying either via credit card or Google Pay (e-transfer). For subsequent sessions, you will also have the option of paying via Interac e-transfer. Please note that in the event of a late cancellation (less than 24-hours notice) or “no show” for your initial appointment, this deposit will not be refunded.

If at any point you encounter financial hardship and feel that you are unable to pay on time, please discuss this with us so we can try and work out a solution.

## CANCELLATION POLICY

24 hours notice is required for cancellations. If you need to reschedule a session or other appointment, please do so minimally one day prior to your scheduled session or appointment. You may use the Online Booking site, contact us using the contact method discussed and agreed upon between you and your therapist, or send an email to [innerart.online@gmail.com](mailto:innerart.online@gmail.com). The first occurrence of a late cancellation or “no show” will result in a late fee equivalent to 50% of the fee normally charged for that session or appointment. Subsequent late cancellations or “no shows” will result in a late fee equivalent to the full amount that is normally charged for that session or appointment. Initial booking fees (\$75.00 deposit) are not refundable.

If you arrive late for session, the time will not be made up and the full session fee will be charged. The full fee will also be charged if you decide on your own volition to end the session early.

### NO SHOWS

If you are late for your session, your therapist may attempt to contact you. After 20 minutes have passed, if your therapist has not heard from you, your therapist will assume that you will not be arriving for your session and will record it as a “no show.”

Exceptions in the case of emergencies may be made at the discretion of InnerArt.

Please keep in mind that for successful therapy it is important to keep all scheduled sessions and/or appointments and to be ready on time. If you find it difficult to keep your sessions/appointments, please discuss this with us so we can try and work out a solution.

## CONFIDENTIALITY

Any information that is obtained during art therapy sessions and while providing art therapy services remains confidential except under the following circumstances:

- When you have provided us with written informed consent to disclose
- When mandated to disclose by law, for example, a court order
- When we believe that disclosure is essential to prevent physical injury to you or to others

- When we “have reasonable grounds to suspect” that “a child (is) in need of protection” from “physical, sexual and emotional abuse, neglect and risk of harm.” [Child and Family Service Act, section 72 (1)]

If we do need to break confidentiality, we will make every effort to fully discuss it with you before taking any action.

We may occasionally find it helpful to consult other professionals about a case. During any consultation, we make every effort to avoid revealing the identity of our clients. The consultants are also legally bound to keep the information confidential.

## CONSIDERATIONS FOR ONLINE ART THERAPY

### Online Art Therapy and Privacy

InnerArt uses a PIPEDA (Personal Information Protection and Electronic Documents Act) compliant platform for online art therapy. PIPEDA is a Canadian law relating to data privacy that governs how organizations collect, use, and disclose personal information in the course of conducting its business. This includes not recording your sessions unless we provide you with a separate consent form that you voluntarily agree to sign. Similarly, we ask that you respect the privacy of your therapist and not take videos/photos/screenshots of your session. Please ensure that you have a private space with minimal distractions for engaging in art therapy. If service is unexpectedly disrupted (e.g., internet or online platform issues), your therapist will contact you by phone.

### Online Art Therapy and Art Supplies

Please ensure that you have art supplies ready prior to the start of session. Your therapist will gladly discuss with you recommended/suggested supplies to have on hand.

## TERMINATING TREATMENT

Both therapists and clients have the right to terminate treatment at their discretion. If either you or your therapist decide to end your treatment, we strongly recommend allowing for “termination sessions”. The number of termination sessions scheduled varies according to length of treatment. These sessions are designed to help you end treatment as smoothly as possible.