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[**www.cambridgearttherapy.co.uk**](http://www.cambridgearttherapy.co.uk)

Information about using our service

**Welcome!**

We are pleased that you are interested in using Cambridge Art Therapy to address your own or your child’s needs.

This information sheet is intended to help you make an informed decision about using our Art Therapy service, but pleasefeel free to ask us questions if anything is unclear about the service.

**What is an Art Therapist?**

An Art Therapist (or Art Psychotherapist) is someone who has undertaken Masters level training in Art Therapy approved by the Health and Care Professions Council (‘HCPC’). In the UK, Art Therapists are statutorily regulated by the HCPC and must be on this register to practise legally.

**What is Art Therapy?**

Art Therapy is a form of psychotherapy that uses art media as its main mode of communication.

People who are referred to Art Therapy do not need to have any experience or skill in art. The Art Therapist will not be commenting on the quality of their client’s work but will be more interested in how the client engages with materials, and their feelings and ideas about images or objects they make.

Art Therapists aim to provide a safe, contained, consistent and confidential space to ‘play’ with the art materials. People using Art Therapy have opportunities to explore, change and grow on a personal level through making and reflecting on images and objects.  The Art Therapist can help their client to understand feelings and ideas that arise within the art making process.

All kinds of materials might be used – paint, pencils, crayons, clay, fabrics, collage materials, found objects and digital images. Sometimes the Art Therapist may offer an idea or theme to help make a start, but more often clients do not need direction from the Therapist, as the art work will arise from their current thoughts, feelings and experiences.

**What issues can Art Therapy help to address?**

Art Therapy is not wholly reliant on words, so people who find purely verbal therapy difficult can benefit from using this avenue of communication. Clients often come with issues involving but not limited to, anxiety, depression, isolation, loss, life changes, stress, self-harming, addiction, attachment difficulties, and problems following abuse and trauma. Art Therapy has also proven successful as a treatment for different forms of psychosis and personality disorders.

**Safekeeping of artwork and confidentiality**

Artwork made in therapy sessions is usually kept securely at the treatment centre by the Art Therapist. The artwork and the things discussed in the sessions are confidential, but information may be shared with other professionals where they are involved with the client. Information will also be shared if there is a risk to the client’s or another person’s safety or wellbeing.

**Are there any side effects of Art Therapy?**

The process of starting therapy can be unsettling, as it involves establishing a new relationship with the Art Therapist as well as making personal responses either through art materials or words. Feeling ‘no good at art’ may make people feel a bit vulnerable and exposed at first, but this changes for most clients once they are familiar with the process.

You or your child may go through different stages during the therapy, whereby the starting and ending stages may affect their feelings and behaviour at home. Your Art Therapist will talk to you about reactions you/your child might experience or exhibit.

**Art Therapy may not be advisable where**

* A potential client is actively involved in several other psychological therapies.
* There is insufficient parental/carer support for a child during their Therapy,
* The parent/carer is unable to give their child reasonable privacy regarding the content of their therapy.
* The potential client is unable to commit to a regular time each week for Art Therapy
* The level of need requires more intensive support

**Online Art Therapy may not be advisable in some cases, for example we’d suggest careful discussion where**

* A person has problems with addiction or an eating disorder
* A person is experiencing active suicidal thoughts and /or self harm
* A person is subject to domestic violence

**About ‘Cambridge Art Therapy’ (CAT)**

* We are all registered with the Health and Care Professions Council (HCPC)
* We are all members of the British Association of Art Therapists (‘BAAT’)
* We are all qualified with an MA in Art Therapy
* We all hold current DBS (Disclosure and Barring Service) checks, (as required for therapists working with children, young people and vulnerable adults).
* We have regular professional supervision to ensure safe and high quality practice

**Our approach to Art Therapy and the theories we use to frame our practice:**

Our Art Therapy training is psychodynamic and we draw on psychoanalytic practice. We also use person-centred approaches, attachment theory and understandings of trauma to understand peoples' psychological distress. Working with art materials can enable clients to express their thoughts and feelings.  The therapy work involves reflecting on the artwork made, thinking and talking together about the way in which our past feelings and experiences, not all of them conscious, influence our present ways of thinking and feeling and our relationships with others.  This process enables clients to understand more about themselves and with increased self-awareness, they are empowered to make positive changes and develop new ways of coping.

**About Art Therapy sessions:**

* Art Therapy sessions normally last from 50 or 60 minutes and take place at the same time, and in same place each week.
* Each of our four Art Therapists has an art therapy space. Some of us also work in schools.
* Online Art Therapy uses either video conferencing or phone. Therapists will use headphones to ensure clients are not overheard.
* The length of the therapy will be agreed with the client or parent/school/organisation. (In schools it may run from 8 weeks up to a full academic year, or longer if deemed necessary).
* In the case of children, we may ask parents and teachers to complete a Strengths and Difficulties Questionnaire (‘SDQ’) to establish the baseline function of the child at the beginning of the invention. Once the intervention has been terminated, we will again complete an SDQ which will be used to assess progress and the efficacy of the intervention.
* Clients’ artwork will be stored in a secure location at the place of treatment during the course of therapy. In online art therapy we ask clients to share their artwork electronically, and to keep it in a safe place.
* Reviews will take place during the course of therapy to enable reflection and between the client and therapy about themes, progress and duration.
* Liaison with family or carers or other professionals may be helpful during the therapy to improve efficacy. In the case of an adult client, this would follow discussion with them.

**Confidentiality**

* All clients are entitled to privacy and we will always respect this. However, if there are any concerns about the client’s or another person’s safety, or if requested to do so by a Court of Law, we will need to share appropriate information with colleagues, and/or an appropriate safeguarding agency. This would normally be discussed with you prior to a referral unless it is judged that the client or others are at imminent risk. Our **safeguarding policy** can be found at [www.cambridgearttherapy.co.uk](http://www.cambridgearttherapy.co.uk)
* When working within a professional team, confidentiality is held within that team and information may be shared with appropriate colleagues.
* Art Therapists are required to attend clinical supervision as part of our professional practice where images made in Art Therapy sessions may be shared. This is done whilst ensuring the anonymity of our clients.  Supervisors are experienced professionals who are knowledgeable about respecting confidentiality.
* Parents should respond with interest if a child actively offers information about their Art Therapy; however parents should refrain from probing their children about the content of therapy, offering their children reasonable privacy.

**Data storage and privacy:**

Please see our full policy at [www.cambridgearttherapy.co.uk](http://www.cambridgearttherapy.co.uk) under ‘privacy, confidentiality, sharing and protecting information, and consent’. In summary:

* We will ensure that personal information on clients and clients’ artwork is kept safely and securely.
* Beyond the situations described above, we will not share your data with any third party.
* We will use password-protected electronic devices
* We will retain our clinical notes on adult clients for at least 5 years in case a client has a query or complaint, or there is a legal action that would need us to refer to them. We will then destroy them if they are not needed. We will retain clinical notes on children and young people until three years after their eighteenth birthday or five years after therapy if that is longer.

**Client artwork after completion of Art Therapy**

At the end of your period of Art Therapy we will invite you/your child to take away whatever artwork you choose, and to leave what you do not want to keep. We will keep artwork for 2 months following therapy so that clients can collect work they previously decided not to keep, by contacting their Art Therapist. After 2 months, uncollected artwork will then be disposed of in a confidential way.

**Report writing post therapy**

If requested within a reasonable time following therapy (normally up to 8 weeks) the art therapist can write a brief factual report, summarising the therapy (including period of therapy, client attendance and response, themes that arose, any recommendations or signposting). This will be charged at the agreed hourly session rate.

**Giving consent:**

Using a referral and consent form, we will ask for your written consent to Art Therapy, on the basis of information about what it involves. We may later ask for your consent to use anonymised information about your case within an article or talk/presentation; it will **not** affect your access to Art Therapy if you do not wish to consent to information being used for this purpose.

**Information on professional fees, invoicing and payment (outside of school setting):**

* An Art Therapy session will be charged at £60 for a 50-60 minute session. Lower rates for students and low paid or unemployed clients will be considered. Please discuss with your art therapist. If we need to travel to you, a small travel charge will be added.
* Associated tasks such as report writing and attending professional meetings, if requested to do so, will be charged at £45 per hour.
* Invoices will be payable within one week of receipt.
* Cancellation - the full session fee will be applied if less than 48 hours notice is given.

**What is expected of the client**

Sessions will be on the same day at the same time each week. Please always try to attend all appointments, as consistency, continuity and commitment are part of the therapeutic process. If missing a planned session is unavoidable please give as much notice as possible to your Art Therapist.

**If you have a complaint or concern we will want to address it.**

Please see our full complaints policy at www.cambridgearttherapy.co.uk

**Contacting your Art Therapist between sessions:** Please use your Art Therapist’s email to contact them between sessions, or leave a message on their mobile phone.