

Art Therapy Agreement — Shared Frame

Common Therapeutic Frame for Adults and Young People (Under 18)

A reference overview drawing together the shared structure of both therapy agreements.

This document brings together the frame common to both my Adult Therapy Agreement and my Under 18s Therapy Agreement, so the shared structure of the work is visible in one place. Where the two agreements differ — most notably around confidentiality limits and GP notification for young people — this is flagged clearly below, but the full wording remains in the relevant signed agreement. This document is for reference and orientation; it does not replace either signed agreement.

A Welcome Note

Hello and welcome.

Starting art therapy is a significant step, and I want to make this process as clear and comfortable as possible for you, or for you and your child. This document sets out how we will work together — the boundaries, expectations, and legal responsibilities that form the foundation of safe therapeutic practice.

Please take the time to read it carefully. I am happy to talk through any of it together, and nothing is signed until you feel informed and comfortable.

About Me

My name is Aisling Fegan (pronounced Ash-ling). I am a HCPC registered art psychotherapist, offering art psychotherapy in person in Newark and online, for both adults and young people.

Art therapy — also known as art psychotherapy — is a state-registered psychological therapy that uses art as its primary mode of communication. Through creative expression — drawing, painting, collage, sculpture — it offers a different way to explore thoughts and feelings that can be difficult to put into words. Art therapists are registered with the Health and Care Professions Council (HCPC) to ensure quality and safety of practice.

If you need to contact me between sessions, please do so by email: communityarttherapist@gmail.com. I cannot always respond outside of scheduled session times, but if you need to speak with me, we can arrange a time to do so. If a young person wishes to send a message, I will pick this up with them in session.

This is not a crisis or emergency service. If you are concerned about your, or your child's, immediate safety, please attend your nearest A&E, call 999, or contact your local mental health crisis team. Urgent support resources are available at [mind.org.uk/need-urgent-help](https://www.mind.org.uk/need-urgent-help)

Part A — Client and Contact Details

For adults, this section is completed by the client. For young people, this is completed with the parent or guardian.

Client Full Name	
Date of Birth	
Address (adult clients)	
Parent / Guardian Name(s) (under 18s)	
Emergency Contact Name	

Part B — The Therapeutic Space

Art therapy provides a structured, confidential space in which you, or your child, can explore thoughts, feelings, and experiences at your own pace and in your own way. The creative process offers a route into things that might otherwise be hard to say directly.

For young people: therapeutic work is most effective when a young person feels able to trust that what happens in sessions stays within sessions. As a general principle, specific content from sessions is not shared with parents or carers without the young person's knowledge or agreement. Parents and carers receive general, non-specific updates on engagement and broad progress — but not the content of sessions. See the full Under 18s Agreement, Part B, for details.

Practical Arrangements

For online therapy, please ensure a quiet, private space with no interruptions. Details for in-person sessions to be provided.

Individual sessions are 50 minutes. It is important to arrive and leave on time, and remain for the full session where possible. Planned breaks are typically taken at Christmas (two weeks), Easter (two weeks), and August (one month) — for young people, breaks are aligned with school half-terms.

Endings are an important part of the therapeutic process. I ask for a minimum of four to six weeks' notice before a final session. If circumstances change and this is not possible, I would ask that we find a time to speak so that we can reach a shared understanding about how the work is ending.

Professional Boundaries

To protect the integrity of the therapeutic relationship, I ask that clients and family members do not follow me on social media. I do not follow or friend clients or their family members on any platform, and I do not respond to communications sent via social media. Working in a small community, we may occasionally encounter one another in public settings — if this happens, it is something we can talk about in session.

Part C — Confidentiality

Confidentiality is a cornerstone of therapeutic practice. The right to privacy within the therapeutic relationship is legally established in the Human Rights Act 1998 (Article 8), and it underpins the ability to speak openly and honestly without fear of reprisal or judgment.

However, confidentiality is not unconditional. There are specific, defined circumstances in which I am professionally obligated to share information with relevant parties without prior consent. These are:

- Where there is an immediate or serious risk to life.
- Where there is a disclosure or reasonable suspicion of abuse, neglect, or harm caused by another person.
- Where a legal duty to disclose exists, including a court order or HCPC complaints process.
- For clinical supervision, which is a professional requirement and does not constitute a breach of confidentiality.

Additional provisions for young people: where a young person is subject to a Care Order or where child protection concerns arise, I may attend case conferences while continuing to honour the confidentiality framework. Young people under 18 also have a specific GP notification condition relating to self-harm disclosure, set out in full in Part D of the Under 18s Agreement — this is a standing condition of that agreement and is not optional.

In all cases, I will endeavour to inform you in advance of any disclosure, take your views into account wherever it is safe and appropriate to do so, and share only the minimum necessary information. In exceptional circumstances — where there is serious risk and consent is not forthcoming — I may need to make a safeguarding referral without consent, in the public interest.

Between-Session Support

Art therapy is not a crisis or emergency service and does not provide out-of-hours support. In the event of a mental health crisis between sessions, please use the following resources:

My Therapist	Aisling Fegan, art psychotherapist
GP Practice & Number	
NHS Urgent Mental Health	Call 111 and select the mental health option
Samaritans	116 123 (free, 24/7)
Childline (under 18s)	0800 1111 (free, 24/7)
Shout (text service)	Text SHOUT to 85258 (free, 24/7)
Emergency Services	Call 999 or attend A&E

For young people, a personal safety plan is developed collaboratively as part of the therapeutic work, and reviewed at regular intervals.

Part E — Payments and Cancellations

The fee for art psychotherapy is £70 per session. Sessions may be paid weekly, monthly, or termly.

Payment details to be provided.

Art therapy is a protected space. I require a minimum of 48 hours' notice to cancel or reschedule, otherwise the session remains chargeable. Payments are non-refundable. If invoices are significantly overdue, sessions may be paused until the balance is cleared or a hardship arrangement is agreed.

Part F — Concerns and Complaints

If at any point you have concerns about how I am working with you or your child, I would encourage you to raise these with me directly in the first instance. I take all concerns seriously, and I hope that most difficulties can be addressed through open conversation.

If you feel that a concern cannot be resolved between us, you are entitled to raise it with my professional registration body:

Organisation	Health and Care Professions Council (HCPC)
Website	hcpc-uk.org

Part G — Agreement and Signatures

This overview document is for reference and orientation. Signature is given on the relevant full agreement — the Adult Therapy Agreement, or the Under 18s Therapy Agreement — not on this frame document.