

Art Therapy Frame

Aisling Fegan, HCPC registered art psychotherapist
communityarttherapist.com

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Hello and welcome,

Starting art therapy might be a new experience. So, I am writing this letter to outline the frame of our work together and explain more about how I work. Let's also talk about this. I am happy to answer any questions you might have in your therapy session.

About:

My name is Aisling Fegan; pronounced Ash-ling. I am a HCPC registered art psychotherapist, Irish and based in Britian, offering art psychotherapy, online and in Newark (UK). Learn more about me [here](#). If you need to contact me between sessions, my preferred method of communication is email. My email is communityarttherapist@gmail.com. I cannot always respond outside of our allocated time for art therapy, but we can always talk about any messages during sessional time.

The Frame:

Art therapy (also known as art psychotherapy) is a state registered (HCPC) psychological therapy that uses art as the primary mode of communication. It offers a different way to explore what you're experiencing. Through creative expression—drawing, painting, collage, sculpting—you can communicate and process thoughts and feelings that might be hard to put into words. Sessions are non-directive, non-judgemental and confidential. Art therapists are registered with the [Health Care Professionals Council](#) to ensure quality and safety. They are trained and experienced in using art and creativity combined with psychotherapy models to help people to express complex feelings in a safe way.

To begin, we will agree a time to meet, frequency and set out dates in advance. I typically take planned breaks at Christmas (two weeks), Easter (two weeks) and for the month of August.

My art therapy room is adjacent to my home on a quiet residential road. There is no waiting room or access to a toilet. However, the art room is a short distance from Newark Hospital and Sconce Park Café and public toilets. For online therapy, please use a quiet room with full privacy and no interruptions. Individual sessions are 50 minutes long and groups are typically 90 minutes. It is important to arrive on time and remain for the entire session, if possible.

Art psychotherapy is confidential and details of sessions are held confidentially within my art therapy practice. In exceptional circumstances, where there are serious acts of harm to self and others, in criminal cases or if I am summoned to appear before a Court of Law, it may not be possible to maintain confidentiality. It should be stressed, however, that this is unusual and in all cases, you will be kept informed. Details of sessions are held confidentially within my art therapy practice. [My privacy policy](#) outlines how I record and store information.

I encourage and ask clients not to follow me on social media to help maintain professional therapy boundaries. I do not follow or friend clients on any social media platforms and I do not respond to communications from clients through social media. This also includes client's family members or support staff. Working in a small town, occasionally our paths might meet Community settings. If this happens, let's talk about it in your therapy.

Endings are important so I ask that you give a minimum of 4 – 6 weeks' notice before the final session. If for some reason you are unable to attend further sessions, I ask that you arrange a time to talk with me so we can have a shared understanding about the ending. In the unlikely event of my unplanned absence, let's talk about this (in advance) and create a plan.

This is not a crisis service and unfortunately, I cannot offer immediate crisis support. If you are at risk of harm or unable to keep yourself safe, please seek urgent medical care. Go straight to [A&E](#), if you can. **Call 999** for an ambulance. Call your local mental health crisis team. [Here are some immediate resources that may be helpful.](#)

If you have any difficulties with me as your therapist, let's talk about this. Hopefully we would be able to resolve this together. If this is not possible, you can express concerns to my membership organisation the [HCPC](#).

Payments:

The fee for art psychotherapy is £60 per session. Sessions can be paid weekly, monthly or termly.

Bank Details: Account Name: Aisling Fegan
 Account Number: 31127800
 Sort Code: 56-00-31
 IBAN: GB69NWBK56003131127800

Art therapy is a valuable time and space. When a session is cancelled without adequate notice, I am unable to offer this time to somebody else. Because of this, if you cancel an arranged session, you will still be liable to pay for that session. If you have not paid for the previous months therapy by the end of the current month, I may be unable to offer you another appointment until the outstanding amount has been cleared or hardship has been discussed and an agreement met. Sessions that are paid for in advance are non-refundable.

If you request to change the time of your appointment, I will offer an alternative time, if this is possible. For this, I need at least 48 hours' notice; otherwise, this will be changed as an additional session. If you would like to switch your in-person to online, or vice versa - let me know and I can offer this.

Fee's can sometimes vary between people – to enable both accessibility and equity. If you are higher earner and can pay more, this helps to sustain accessible, reduced-rate spaces for people who need this. I calculate this fee based on the 0.1% principle. (E.g. 120k annual wage equals £120 per session). For people on low or no income, I offer low-cost spaces based on the same 0.1% principle. Low-cost spaces are limited and prioritised for people at greater risk of discrimination or exclusion from existing community services and spaces. If you are curious about this, let talk about it.

If you have any questions, please do not hesitate to ask.

Slán go fóill, (*Goodbye for now*)

Aisling.

Aisling Fegan

art psychotherapist

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