

KINTSUGI

art therapy

THERAPY CONTRACT and INTAKE FORM

Counselling approach

I believe that we all have the capacity to heal and grow using our own innate tools, and that people are experts in their own lives. Therefore, I will not give you advice, but will provide you with the tools and exercises to facilitate greater self-understanding and connection with your higher self. With greater self-awareness, you will hopefully be able to lead a more satisfying and meaningful life.

Confidentiality and disclosure

All of our sessions are treated as highly confidential. When I discuss our appointment with my supervisor, I will not use your name or other identifying details. However, there are three circumstances where I may be required to break confidentiality:

1. If I consider you at risk of harming yourself or someone else.
2. If your therapy records are requested by a court of law.
3. If someone requests your information and you have provided written consent to provide it, for example if you request a referral.

Sessions

Our initial contract will run for 5 weekly or fortnightly sessions for a duration of 1 hour per session.

Payments/cancellations

I require payment for your first session in advance. My current pricing is available on my website. Subsequent payments will be taken at the beginning of each session and may be made by cash or EFTPOS. Late cancellation fees are payable as follows:

0-24 hours' notice – full session fee payable. 24-48 hours' notice – 50% of session fee is payable.

Record keeping

I will take notes during or after each session to help me to keep track of our progress together. These notes are stored in a locked filing cabinet in a private and secure location, and are kept for a period of 7 years. You may view them at any time.

Trigger Warning

During our sessions, we may discuss sensitive topics. If you are feeling uncomfortable at any time during our session, please let me know and we can redirect the topic. If you feel that our session has triggered you, you may like to participate in some self-regulation exercises such as creating art, listening to music, focusing on your breath, meditation or yoga. You can also contact:

1. Lifeline on 131114 or text 0477131114
2. Beyond Blue on 1300 22 4636
3. Suicide Call Back Service on 1300 659 467

Email/telephone contact

Email, Zoom or telephone contact will be limited to practical arrangements only. I will not enter into Telephone, Zoom or email counselling except by prior arrangement.

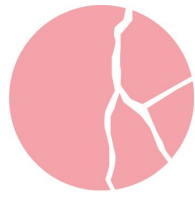
If you are faced with an emergency in between sessions, please contact the appropriate emergency service (see overleaf). In a life-threatening situation, call 000 without delay.

Ending counselling

Normally, the end of counselling is by mutual prior agreement. However, you have the right to end your counselling at any time. I would appreciate you letting me know if you decide not to return to counselling, giving at least 48 hours' notice. If at any time I feel that our counselling is no longer appropriate for you, I will discuss this with you and may suggest discontinuation or a referral to a more appropriate service.

The Therapist cannot be held liable for any consequences arising from information shared or actions taken by The Client.

Date		Date	
Client's Full Name		Therapist's Full Name	
Signature		Signature	



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Date	
Full Name	
Address	
Please List Other Supports, Such as Family, Friends, Psychology, Social Work and Other Agencies (Optional)	
Reason for Seeking Art Therapy Support	
Your Goals and Priorities	
Special Needs Information (eg. Financial difficulties, disabilities and sensory concerns, need for appointment reminders.)	
Would you prefer weekly or fortnightly sessions?	<input type="checkbox"/> Weekly <input type="checkbox"/> Fortnightly

Notes:
