



# ACTIVE ARTS THERAPY

**Louise Morton**

Registered Arts Therapist

[www.activeartstherapy.com](http://www.activeartstherapy.com)

## General Information

### Sessions

Arts therapy sessions are 50-60 minutes in duration. The usual frequency is once per week, as this ensures continuity of themes and enables us to develop a consistent therapeutic alliance.

### Payment

ACC client sessions are funded by ACC. For private clients, payment of the agreed fee may be by cash at your session, or by bank deposit in advance. The bank account number for payment is: 01-0682-0039884-00 – Louise Morton.

### Cancellation

I ask that you provide 24 hours' notice if you need to cancel an appointment. Except in the case of emergencies, I will charge a \$40.00 fee for cancellations at shorter notice in order to cover my costs.

### Confidentiality

Our sessions are confidential, and anything you share with me will be kept private. The only exception to this is if I have a serious concern for the safety of yourself or another person – in this case I will need to engage relevant professionals (e.g. your GP or the Crisis Team). Where possible, I will discuss this with you first and we will come to a decision about what to do together.

### Records

I keep written records of my work with clients. These records are strictly confidential and are not accessible to anyone other than me. I will also ask to photograph your artwork in order to keep a visual record of this for your file. Unfortunately, I do not currently have the space to safely store your artwork, so you will need to take this with you.

### Supervision

It is a requirement of my professional registration, and essential to my professional development that I engage in supervision with an experienced registered arts therapist. These supervision sessions are a chance for me to discuss the work that I am doing and identify challenges and areas for development. Within these sessions I may disclose some of the content of individual sessions, however I will not give any identifying information. My supervisor is also bound by confidentiality and the Code of Ethics.

### Ethical Conduct

My conduct as a therapist is governed by the Code of Ethics of the professional body that I am a member of, the Australian, NZ & Asian Creative Arts Therapy Association (ANZACATA). This is accessible from <https://anzacata.org/ethics-and-standards>.

### Complaints / Grievances

If you have any complaints about my conduct as a therapist, it would be best if you are able to share this with me so that we may have the opportunity to resolve this together. If we are unable to do so, you can contact the ethics committee of my professional body, ANZACATA through their website <https://anzacata.org>.