

INFORMED CONSENT

The Approach

In Expressive Arts Therapy, we work with art materials in five basic art disciplines: visual art, music, movement, creative writing and drama. We engage the imagination in creative expression and exploration for personal reflection, healing and growth. The Expressive Arts Therapy approach I use is based in the studio arts, not psychology therefore no diagnosis nor any psychotherapeutic techniques will be used. When we work with the arts and our emotions, some discomfort may be experienced. Results cannot be guaranteed, however there are many potential benefits to the Expressive Arts Therapy process. Progress depends upon multiple factors including motivation, effort and other life circumstances. In any art making and/or movement experience, there are risks of injury, accident and damage to the body and personal property. As your Expressive Arts Therapist, I am committed to providing you with the best possible supportive experience.

Education, Training and Scope of Practice

My education includes a Bachelor's degree in Sociology and a Masters degree in Marriage and Family Therapy. I am not a licensed Marriage and Family Therapist. I have earned a post-graduate professional diploma in Expressive Arts Therapy and have completed all education and training required to practice as an Expressive Arts Therapist. I am currently in the process of earning my registration as a REAT – Registered Expressive Arts Therapist, which is the highest form of professional registration for Expressive Arts Therapists in the USA. With my supervisor, I discuss general themes about my sessions with clients, focusing on my progress as an Expressive Arts Therapist. No names or identifying information are disclosed during supervision. My experience includes 10 years of facilitating both individual and group Expressive Arts processes both in private and organizational settings. During the course of our work together, if there is a matter that falls outside my scope of practice or that should require a higher level of care, I will provide you with at least three referrals for additional support. I do not diagnose, nor do I provide custody recommendation, nor medication recommendation, nor legal advice, as all these fall outside my scope of practice.

Confidentiality

If I see you out in the world, I cannot acknowledge you unless you initiate contact. The fact of your participation in Expressive Arts Therapy, any information and artwork disclosed during your sessions will be held in strictest confidence, with the following legal exceptions:

1. Literal and direct threats to harm yourself, others or the property of others are required to be reported to authorities and the threatened person.
2. Any disclosure of child, elder or dependent abuse will not be held in confidence.
3. Records may be released to a court of law, which issues a valid warrant or subpoena for specific records.
4. Your records can be released to any person or agency at your request. You, or your legal guardian, must sign a signature of release stating specifically to whom the record should be sent.
5. Email and text communication cannot be guaranteed confidential due to their electronic nature.



When the client is a minor

When the client is a minor, the parent or guardian may tell me anything important regarding the minor. The minor's consent is required before I converse with a parent or guardian about all topics including drugs, alcohol and pregnancy, unless any of the above 5 points apply.

Fees

Payment is due at the start of each session and you will be provided with a copy of your receipt upon request. As an Expressive Arts Therapist, I do not bill insurance. If your account is overdue and there is no written agreement or a payment plan, I can use legal or other means (courts, collection agencies, etc.) to obtain payment.

Cancellation Policy

Once our session time is set, there is a 24-hour cancellation requirement to avoid full session charge. Phone calls are the best method to communicate with me about cancellations and/or rescheduling your sessions.

Emergencies

As your Expressive Arts Therapist, I agree to be reasonably available to you during regular business hours via phone and email. However, if you should require immediate attention and I cannot be reached, please call 911 or San Diego Access and Crisis Line (open 24-hours a day) at 1-888-724-7240.

My signature below indicates that I have read, understand and agree to abide by the terms outlined in this agreement.

Client Name _____

Signature _____ Date _____

Parent/ Guardian/ Caregiver Name _____

Signature _____ Date _____

Natalie S. Cruz, MA, Expressive Arts Therapist

Signature _____ Date _____