

INFORMED CONSENT TO ART THERAPY

MELINDA KOSTECKY
Strength-Based · Compassion-Focused · Trauma-Informed
Board Certified Art Therapist
MS, ATR-BC

I, _____, (name of client or guardian as applicable) was informed by the following, agree and consent to participate in art therapy treatment services provided by Melinda Kostecky, MS, ATR-BC, a national board certified art therapist. I understand that I am consenting and agreeing only to those services that Melinda Kostecky is qualified in: (1) the scope of the provider's certification and/or training; or (2) the scope of license, certification, and training of the behavioral health providers directly supervising the services received by the client.

Treatment Expectations

Art therapy is one of many methods of treatment. It is an integrative mental health and human services profession that enriches the lives of individuals, families, and communities through active artmaking, creative process, applied psychological theory, and human experience within a psychotherapeutic relationship (American Art Therapy Association, 2017).

Artmaking is a way to give voice to that which is not easily expressed with words. Art therapy uses art processes and products as a way to work through and deal with problems many people face to help them develop their potential to live healthy, satisfying lives. Art making can be calming and therapeutic in nature, as well as be an outlet for self-expression based on your treatment goals.

You do not have to have experience or skill in art making to participate. A common response from new clients is not knowing how to draw. This most often comes from a place of fear and misperceptions that I can help you work through. It's essential to know the process and being open to trying is most important part to starting something new.

As an art therapist I wear many hats in my role and can often help you give form to images that come from inside of you. Making art about current life situations honors the integrity of who you are in present moment and allows both of us to really "see" your current distress, confusion, joy or pain.

Art therapists do not interpret art imagery; however, I will help you discover your own meaning through the art making process. Imagery has the potential to emerge spontaneously during art making. This often suggests new sources of strength or new possibilities for positive change. Rather than approaching this from a place of concern, the unconscious can become a reservoir of useful information and guidance.

Benefits and limitations in Treatment

Art Therapy, like other psychotherapies and counseling, is a relationship-based process that involves working together in an atmosphere of mutual respect and interest. Through working on previous and current life issues, future dilemmas become more manageable. Success in attaining treatment goals is based on the participant's willingness and motivation to engage in the process.

Therapeutic work is ultimately aimed toward helping client's live more satisfying lives and this process often involves change. Although treatment is designed to improve the overall quality of life, the process at times involves the exploration and discussion of emotional issues that may be distressing. In addition, working with certain materials and processes can evoke emotions.

For some people, involving art therapy in their treatment can be a profound experience. For other people, art therapy may be ineffective. Therefore, the greatest risk involved in this kind of treatment is often that the outcome may not be what you expected, or the treatment provided may not be as effective as you hoped. If this should occur, you are encouraged to discuss this with me so that we can work together to come to a mutually agreeable solution.

Check all appropriate areas discussed:

- Art therapist's credentials
- The nature of the art therapy process
- The art therapist's expectations of me
- What I may expect from my art therapist (safety, predictability, relationship)
- Limitations and risks that may be associated with the art therapy process
- Confidentiality, limits of confidentiality and release of information related to art therapy
- Content of and access to files
- Permission to photograph art images for documentation, education, or supervisory purposes
- Right to terminate the therapeutic relationship
- Supervisory relationships the art therapist may utilize

My signature below indicates that I have read and acknowledge all the information presented to me in this disclosure statement in addition to the Sophia Center Policies, Consent for Treatment, and Notice of Privacy Practices. I understand its content and agree to abide by these terms during our professional relationship. I understand I have the right to:

- Be informed of and participate in the selection of treatment modalities.
- Receive a copy of this consent.
- Withdraw this consent at any time.

If the client is under the age of 18 or unable to consent to treatment, I attest that I have legal custody of this individual and am authorized to initiate and consent to treatment on behalf of this individual.

I have been assured that strict adherence to professionalism and confidentiality will be observed.

_____ Date _____
Client name (please print)

Client signature (or parent/guardian of a minor)

_____ Date _____
Melinda Kostecky, MS, ATR-BC