

alice halden

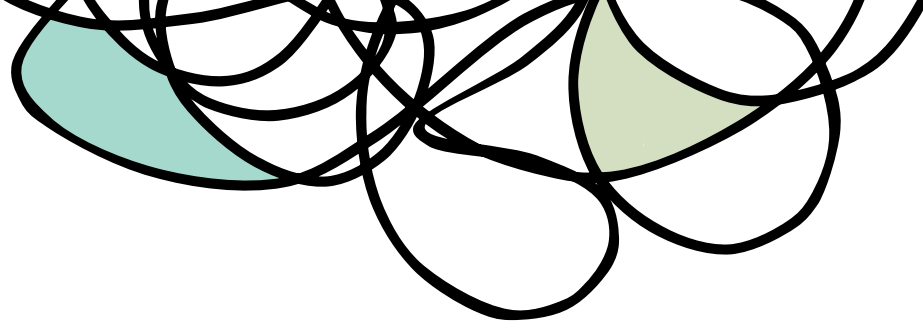
• art therapy and counselling •

Welcome Pack

Welcome to my community of beautiful clients!
Thank you for taking this step. I'm honoured to walk alongside you on your therapeutic journey. My practice is grounded in safety, compassion, and a belief in your capacity to heal, grow and live your most fulfilling life!

Contents:

- Contact Information.
- What to expect in the 1st session.
- Timeline for care.
- Fees.
- Policies.
- Next Steps including address.



Contact Info

Should you need anything you are welcome to reach out to me via email, phonecall or text within the below hours. I appreciate your patience in receiving replies as I support you around client sessions.

Email: admin@alicehaldentherapy.com.au

Phone: 0458617224

Hours:

Mon: 8:00am - 5:00pm

Tues: 9:30am - 6:30pm

Wednesday: 9:30am - 6:30pm

Thursday: 9:30am - 6:30pm

If you need crisis or emergency support please refer to the contact information at my website:

<https://alicehaldentherapy.com.au/support-now>





What to expect...

It can be daunting to embark on a therapy journey, connection and chemistry with our therapist is so important and our 'Introductory Meeting' is all about getting a sense of each other and how sessions will feel and identifying concerns and hopes.

I want you to leave our first meeting feeling seen, heard, reassured, hopeful and clear on a path forward.

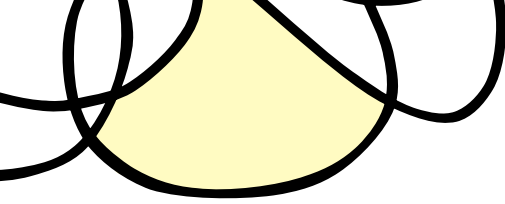
How it may look:

1. Meet and greet, get a feel for the space and settle into our session.
2. Start with general conversation, getting to know more about you and what you need support with.
3. Clarifying how I work, what sessions may include and a direction for our work together.
4. Going over consent and any questions you may have.
5. Coming up with a plan moving forward, giving you to time to decide if therapy with me feels right for you at this stage in your journey.
6. If there is time and you choose, there may be some creative exploration with art materials, but this is not a must!

I want to be clear that although I work as an Art Therapist **you will never be pressured at any time to make art**, and if you have any hesitations around this I would love to chat them through.

Please refer to the FAQ's on my website or reach out if you have any questions: <https://alicehaldentherapy.com.au/faqs>





Timeline for care

Below is a guide and can be adjusted to meet your needs, if my client is your child, then the Introductory Meeting and Review Sessions will be conducted without the child present (your child will be fully informed).

Sessions can be booked manually by Alice or online.

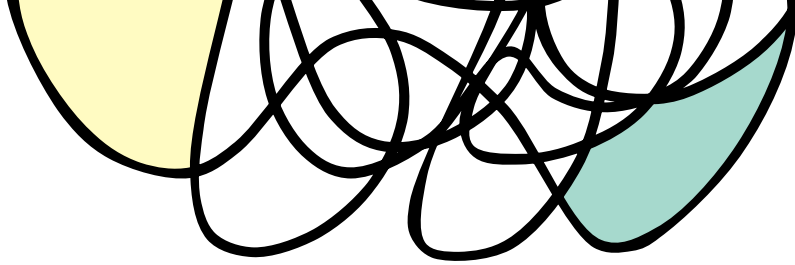
Session 1: Introductory Meeting - getting to know each other and where you need support then deciding if you want to move forward with therapy.

Sessions 2- 5: Assessment Period - giving me a chance to make observations and think about how I can best help you with your concerns and hopes.

Session 6: Review - reflecting on our experience in session so far, going over what you enjoyed, what did not work for you and sharing observations. This is where you decide if you would like to continue with therapy and at what frequency.

Session 7-16: Committing to a number of sessions to work together on your focus for therapy. Afterwards we continue to review and complete a block of sessions until you feel ready to reduce frequency or conclude.





Your investment

These fees support me to continue to provide a high quality, trauma-informed and neuro-affirming service, and ensures I can facilitate safe, personalised and evidence-based support to every client who walks through the door (or connects via Telehealth).

If you are an NDIS participant, concession card holder or interested in a payment plan please reach out.

- 60-min Individual Art Therapy and Counselling Session- (In Person/Telehealth) = **\$150**
- 60-min Individual Session (Concession) = **\$130**
- 60-min Parent/Carer Session = **\$150**
- 30-min Parent/Carer Session = **\$75**
- Clinical Art Therapy Report = **\$305**
- Art Therapy Summary Letter = **\$105**

Payment of invoices are made via Stripe 'TapNGo' or via Bank Transfer

What you see on the surface is only part of the investment I make in providing my clients with the best possible care. I am constantly training, learning, and growing to remain at the forefront of research and education for your care.





Policies

These policies will also be outlined in your Intake Form.

Payment Policy:

Invoices for services are emailed to you and can be either paid on the day by Stripe 'Tap and Go' or via Bank Transfer (including PayID). Payments are due within a fortnight of invoice issue date. Failure to pay for 2 overdue invoices will result in sessions being put on hold until payment is received.

Cancellation Policy:

24 hours notice is required to cancel or reschedule an appointment. Missed appointments, cancellations or rescheduling within the 24 hour period will incur the full session fee, unless rescheduled within 7 days. Exceptions are handled with compassion at Alice's discretion.

Photography Policy:

Photographs of the artwork you complete in session will be taken in an appropriate and respectful way for supervisory, record-keeping, educational and/or publication purposes.

Confidentiality:

Everything you share with me in session is kept between you and I unless: 1. I am concerned about safety, 2. I am legally obliged, 3. you give me permission. In all instances, you will be consulted prior.



What next?

At this stage you have connected with Alice and booked your first session, this will be the 'Introductory Meeting' mentioned previously.

Where to go:

48-54 Lincoln Causeway, Gateway Island Victoria 3691

Alice's office is located in the "GG Artist Studios" building towards the back of the Gateway Village, next to Burraja Cultural Centre. This is on the river side of the carpark where the Farmer's Markets are hosted on a Saturday. You are welcome to wait downstairs in the chairs provided and Alice will come down to greet you.



Meeting online?

Your link for our secure online Telehealth meeting via Psychology Today will be included in your appointment confirmation email. You will need a private space free from interruption.

What to bring:

You are welcome to bring things such as your water bottle, phone and notebook. If you have particular art materials you would like to use, you are welcome to bring them along. This said, there is nothing that you *need* to bring to session besides yourself.

Prioritising your mental health is a powerful act – I'm honoured to support you on this journey

