

THE CREATE STUDENT CLINIC

FREQUENTLY ASKED QUESTIONS:

What is the cost? How/when do I pay?

Each session costs \$40. You pay your student therapist directly after each session is complete. You can pay by check or cash. We cannot accept VISA or debit at this time. The sessions are not covered by O.H.I.P.

Where are the therapy sessions held?

Your student therapist will tell you where to meet them when they call you to set up your first appointment.

Most sessions will be held at The Create Institute which is located at 468 Queen St East., LL01. See the map in the 'Contact Us' section of our website if needed.

Some student therapists have access to other approved spaces that are confidential and suitable for seeing their clients.

Do I need artistic experience to do this therapy?

No previous therapy or artistic experience is required.

How do I make an appointment/What is the intake process?

You can call the Clinic phone line at (416) 539-9728 or write us at thecreateclinic@gmail.com and leave a confidential message. Please leave us your name and how you would like to be contacted.

The Directors of the Clinic will pick up your message and a Clinic Intake Coordinator will call you back to have a brief phone assessment with you over the phone in order to get some information about what you are looking for.

After that you will be matched with an appropriate student therapist who will call you back to schedule an appointment with you.

How am I matched with a student therapist?

You will be matched with a student therapist based on your preferences and their competencies. There are other practical factors that are taken into consideration such as schedule availability and location in order to make a successful match.

Who will be my therapist?

Your therapist will be a student at The Create Institute who is in their third year of a three year program in expressive arts therapy or a student who has recently finished their third year. During the time students are working as therapists at the Create Student Clinic they will be consulting with a supervisor faculty member who is a Registered Psychotherapist in good standing with the College of Registered Psychotherapist and/or their professional College.

What guidelines or codes will my therapist be following?

Your student therapist will be following the code of ethics outlined by the College of Registered Psychotherapists, The Ontario Expressive Arts Therapy Association, and the ethical conduct summary outlined at The Create Institute.

What will we do in a session?

Each session will be different and each student therapist has their own style of working. Expressive arts therapy is an arts based, resource oriented, relational approach to therapy. Each session will include both talking and art making with your therapist. The session ends with what we call 'harvesting'. Harvesting gives you a chance to reflect on the arts process and image you created during the session and explore its relevance in your life. Art modalities that may be used include visual art, movement, poetry, theatre, music/sound, and storytelling.

What do I do if I have a problem with my therapist?

First, we suggest that you talk to your student therapist about any concerns or questions you have and together you can try to find ways to solve the issue.

If the problem persists, you could call the Clinic phone line or email the Clinic and communicate with the Clinic Co-directors Lesley Swartz and Lee Shields directly about the problem and they will try to help you resolve the problem.

We also have a complaints policy and procedure to follow if you would like to file a more formal complaint. See the 'Complaints Procedure and Policy' on our website. Your student therapist will explain the process at the beginning of your therapy so that you are familiar with it.