



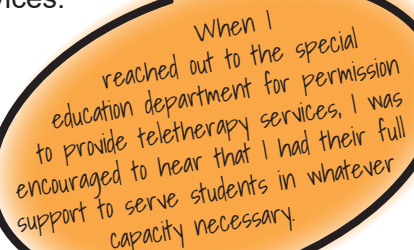
AMTA and CBMT 2020 COVID-19 Survey Results

Music therapy continues to be an essential service for clients, families, and healthcare providers during the COVID-19 pandemic. A national survey of board certified music therapists in June 2020 revealed the following five categories: Collaboration; Connection; Communication; Coping; and Creativity. These categories highlight how music therapists have adapted the delivery of services and diversified service options to best meet clients' needs.

Collaboration

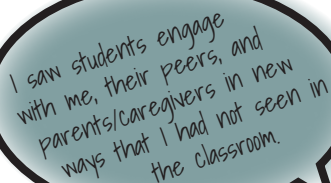
*M*usic therapists reported increased collaboration with colleagues and administrators, often coordinating with them to determine the safest and most effective ways to continue delivering music therapy services.

- ▶ Some clinicians providing clinical music therapy services prior to the pandemic (60-100%) have taken on more administrative and non-music therapy clinical work.
- ▶ Many clinicians (10-50%) are now providing **more** clinical music therapy services.
- ▶ More administrative and non-music therapy clinical services (60-100%) than prior to the pandemic.
- ▶ Clinical supervision (supervising students and professionals) has dropped since the start of the pandemic.



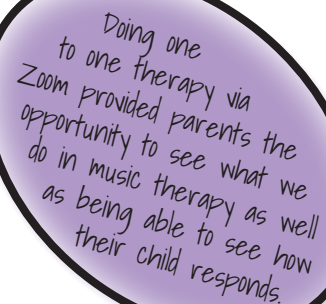
When I reached out to the special education department for permission to provide teletherapy services, I was encouraged to hear that I had their full support to serve students in whatever capacity necessary.

Connection (relationships)



I saw students engage with me, their peers, and parents/caregivers in new ways that I had not seen in the classroom.

*I*n the months since the pandemic, many music therapists noticed an increase in the family's level of involvement during music therapy sessions. This is particularly true for telepractice music therapy sessions. Even families who initially declined telepractice services reconsidered for the following reasons: the lockdown/social distancing lasted longer than they anticipated, they sought more social interaction, and felt they had acquired the skills, equipment, or technology to participate virtually.



Doing one to one therapy via Zoom provided parents the opportunity to see what we do in music therapy as well as being able to see how their child responds.



Communication

Although many terms exist, we use “telepractice” to describe any synchronous or asynchronous music therapy service delivery that occurs via telecommunication technologies to support long-distance clinical healthcare and education needs. Music therapists provided services in the following ways during the pandemic:

- ▶ 19% of respondents indicated they were providing some amount of pre-recorded material
- ▶ 18% provided live telesessions
- ▶ 4% provided audio only
- ▶ 25% provided live, in person service in an open space
- ▶ 37% provided live, in person services in enclosed spaces (with precautions)

Telepractice sessions have been extremely effective, and I really hope I can continue offering music therapy services in this fashion.



Coping (self-regulation, resilience, resourcefulness)

I have grown tremendously in a lot of areas, not to mention flexibility. I am more confident in my skills of teletherapy, and I am able to reach people across the country. I have not had to pay for as much gas during this time and I have good relationships with many new colleagues.

Although they acknowledged the challenging circumstances of providing clinical services during a pandemic, many music therapists commented on the seemingly unexpected positive changes in their personal and professional lives. They also highlighted the resiliency of clients and families who pivoted to telepractice services, commenting on the new skills and abilities they saw in their clients as they interacted with them in a virtual space.



Creativity (innovation)

The pandemic forced many music therapists to re-think how to deliver clinical music therapy services in a safe way. Almost 2/3 of respondents (61.9%) indicated they began offering telepractice music therapy services to meet this need. They also highlighted how they adapted their treatment to make progress accessible to their clients.

Change forces me to see things differently, which has generated increased creativity as well. I play more for myself now. I wrote a song... I am so very grateful for my work and the ability to keep going during the pandemic!

