

VIRTUAL MUSIC THERAPY

SERVICE DELIVERY: DEVELOPING NEW APPROACHES & MODELS

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INTRODUCTION AND OVERVIEW

- A time for rapid revolution
- Conceptualizing digital opportunities
- Providing a framework to build

THREE TIERS – ONRAMPS TO A VMT SERVICE

- Tier 1: Curate online resources - assemble a list of online resources useful for your clients/patients
- Tier 2: Create original content - develop and record short videos or audio podcasts to address therapeutic goals
- Tier 3: Implement VMT - via telephone or videoconferencing, what works best considering the needs and resources of those you serve

TIER I - CURATE ONLINE RESOURCES

- The internet is vast - You are an expert
- Use your knowledge of your client/patient needs to find helpful content
- Organize it
- Share it
- If working in an organization, coordinate with web site management to include
- *Cite these resources as they will require copyright permission. Seek further clarity or permission from source content owner.*

TIER II - CREATE ORIGINAL CONTENT

- Develop, record, post short videos to address therapeutic goals
- Examples: finger plays for infants & toddlers, relaxation videos for school age, adolescent/YA or adult, therapeutic music lessons
- If possible, use original compositions, improvisations, or music from the public domain
- *Copyright protection still applies - consider licensing or permissions to use others' music*

TIER III IMPLEMENTING VMT: TELEHEALTH APPROACH

A. Practical Considerations

B. Operational Considerations

C. Clinical Considerations

VMT PRACTICAL CONSIDERATIONS

- Patient/client's ability and ease of access
- is there a caregiver that could assist with the technology?
- Though many organizations are relaxing HIPAA standards use what is approved by your organization

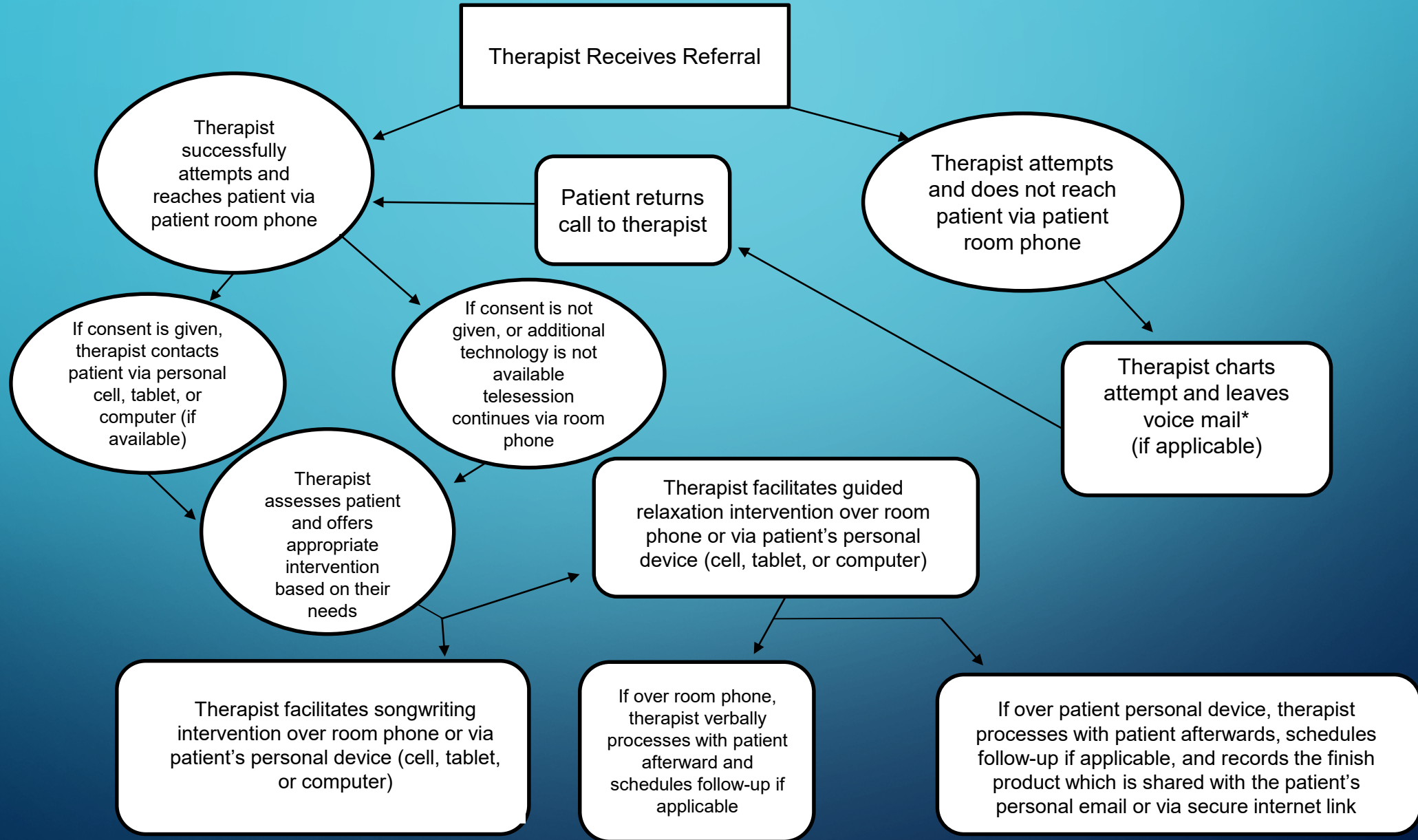
VMT OPERATIONAL CONSIDERATIONS

- Identify Essential Technology and Workstations
- Hardware: Computer, digital interface, microphone, webcam
- Software: Garageband (mac) or Cubase (pc)
- *Practice and practice some more, technology is a skill*

VMT OPERATIONAL CONSIDERATIONS CONTINUED

- Initiate contact and patient/client communication
- Marketing via MT flyer materials
- Method for contacting patient/clients
- Audio options: phone, Google voice, Jabber, Webex
- Video options: Zoom, Skype, Facetime
- **Note U.S. Government relaxed restrictions on all media platforms to allow use, however consult with your specific site or organization.*

PROCEDURAL FLOWCHART MEDICAL SETTING EXAMPLE



VMT CLINICAL CONSIDERATIONS

- Intervention Procedures that are VMT deliverable
- Music assisted relaxation and imagery
- Lyric and Songwriting technique
- Playlist creations
- Resource identification

NEXT STEPS

- Follow AMTA on Facebook, Instagram and LinkedIn
- Community resource:
- Don't wait for the Coronavirus pandemic to end, use this model to see what you can do **RIGHT NOW** to support those you serve through music therapy. These 3 tiers are onramps to develop VMT services that work for you and your clients/patients. See what is possible and make it happen for them.