

Music Therapy - Descriptions and definitions

Music therapy is an established psychological clinical intervention, which is delivered by HCPC registered music therapists to help people whose lives have been affected by injury, illness or disability through supporting their psychological, emotional, cognitive, physical, communicative and social needs. *British Association for Music Therapy (BAMT)*

Proposed therapeutic interventions will include music therapy provided individually or in small groups. In the therapy sessions, clients will be encouraged and supported to express themselves through music.

Clinical space for the music therapy work will be consistent for each session, private and free from disturbances unless otherwise arranged. This will be provided by the client or the therapist, as discussed.

Referrals will be made to music therapy by staff or carers using the referral form.

An **initial meeting** between the music therapist and client and/or carer will help to provide more background information, and answer any questions arising.

Assessment will usually be carried out during the first few sessions to introduce music therapy, the space and instruments, and to determine suitability for continuation.

Fees - the typical fee of **£40 per hour** is inclusive of national insurance, income tax, professional indemnity, public liability insurance and travel expenses within Dundee. Other out of pocket expenses will be reimbursed on agreement and on production of appropriate receipts.

Sickness/Absence - if the therapist is unable to work for any reason they will inform the contact of the absence and the full reasons for it at least **60 minutes before the start time** on each working day of absence. They will also notify of the likely date of return and keep the contact informed of progress. For absence beyond seven days they may be required to obtain a medical statement signed by a doctor.

Confidentiality will be maintained by the therapist: any forms, notes or recordings will be stored securely. Digital files will be stored with password protection, physical files will be stored in a locked cabinet. Notes will be written using initials, and any written case studies, summaries or presentations will use pseudonyms to protect the identities of those involved.

Publicity - The therapist is entitled to mention that this work has taken place in future publicity. Confidentiality will be maintained at all times.