



Music Therapy Policies, Academic 2018-2019

Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program. (*American Music Therapy Association definition, 2005*) It is also an allied health profession which uses the therapeutic use of music to affect changes in behavior, cognitive skills, social/emotional skills, psychological, language skills, and sensory motor skills. Musical and non-musical modalities are designed to hit target areas that are individualized for each student.

Before entering into the music therapy program, all students are required to participate in a music therapy assessment in order to determine the best treatment plan. The assessment procedures will take the form of primarily music-based experiences designed to present tasks in the major functional skill areas (communication, cognitive/academic, perceptual-motor, emotional/affective, social/interpersonal), as well as musical skills, interests and preferences. The therapist may request to observe the individual working in home or educational settings as well. Assessments are also available on a consultation basis for other organizations for the purposes of assisting in psychological, educational or medical diagnosis, or to document a rationale for third party reimbursement or special education services.

Establishing Treatment

Acceptance of a client for treatment is contingent upon the determination that the therapeutic needs can be effectively addressed in this setting and that music therapy is an appropriate treatment medium for the client. A music therapy assessment (required) is implemented at the first meeting of individual therapy. Treatment goals are formulated at this time and over the course of the first 1-3 sessions. Treatment evaluation and written progress reports are provided on a regular basis (typically every 3 months or 10 sessions) or per request of the client, parents, or other direct care givers, payment providers or the therapist. Clinical records are maintained and treated as confidential information. Weekly data sheets may be view upon request by those approved by the parent, guardian and/or client. Upon establishing treatment, client is committed to a minimum of 3 months of treatment, unless otherwise agreed.

Session Cancellations

Cancellation for a missed session by the client is requested 24 hours in advance. If client becomes ill at school, please call by noon the day of the lesson. Clients are billed for failure to show and cancellation less than 24 hours in advance at the discretion of the music therapist. If absences are excessive, reconsideration of the value of continuing treatment will be discussed with the client and/or caregivers.

Termination of Treatment

A decision to terminate treatment can be made when:

- Music therapy is no longer necessary or effective for an individual client
- Participation is not therapeutically productive due to lack of commitment on the part of the client or on the part of the parties responsible for the client.

The lack of progress in musical skills is not, in itself, a valid reason to stop treatment. In the event that music therapy is deemed no longer desirable or effective by the client and/or referring party, it is expected that the therapist will be consulted in the process of reaching this decision. In some instances, the process of therapy goes through temporary periods that are not comfortable or motivating to the client. Ongoing communication with the therapist is invaluable at these times. In the event that termination of therapy is determined by the therapist or the client/caregivers, a two-week written notice must be given.

Tuition and Fees

Music therapy billing will take place the first of every month. Statements will reflect the previous month's sessions. Please communicate with the therapist about third party reimbursement. Payment is accepted either from county agencies, insurance companies or the family. If a county agency or insurance company fails to pay, the family is responsible for any fees.

30/45 minute Therapy session \$55/\$75

Group Lesson Week: Private music therapy sessions will continue as usual during group lesson week unless otherwise agreed by the parents and the therapist.

Break Week: Private music therapy sessions will not occur during break week however, missed sessions can be made up during this week if agreed by the therapist and the parent.