

March 12, 2022

3:15pm

Western Region
American Music
Therapy Conference
Seattle, WA

VIRTUAL MUSIC THERAPY

Provider Perspectives

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he/him/his

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Duwamish Land acknowledgment: I would like to acknowledge that we are on the traditional land of the first people of Seattle, the Duwamish People past and present and honor with gratitude the land itself and the Duwamish Tribe.



Special Thanks

to the AMTA C-19 Task Force colleagues, under chair leadership of Lori Gooding, MT-BC, PhD

the Creative Arts Therapies Manager Network led by Helen Shoemark, PhD.

the Creative Arts Therapists at Seattle Children's



And Seneca Block, MT-BC, PhD who co-authored the "Virtual Music Therapy" article in Music Therapy Perspectives (September 2020)



Compassion

Learner objectives



Attendees will demonstrate understanding of remote music therapy service provision by identifying two or more methods of remote service delivery.

Attendees will identify 2 goals for patient's in their practice that can be addressed by telepractice music therapy.

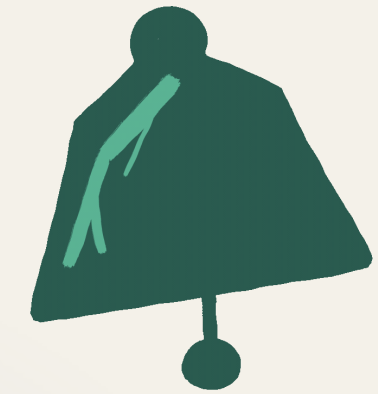
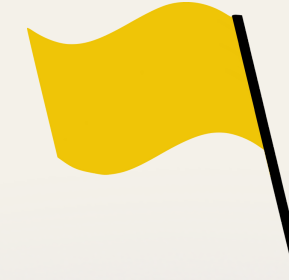
Attendees will identify 2 outcome measures that can be used in telepractice music therapy.

Conference code

461

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Telemedicine...



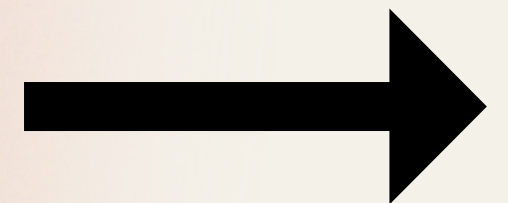
1905 – Dutch physician transmitting electrocardiogram by phone (Bashshur & Shannon, 2009)

1990's – WHO definition: "delivery of health care services...by all health care professionals using information and communication technologies." (2010)

Telehealth...

NIH definition: "use of communications technologies to provide health care from a distance."

Telepractice



ASHA definition: "use of communications technologies to provide health care from a distance."

Four Applications of Telehealth

- * **Live (synchronous) videoconferencing:** a two-way audiovisual link between a patient and a care provider (telephone calls also considered)
- * **Store-and-forward (asynchronous) videoconferencing:** transmission of a recorded health information to a care provider (text, email communications directly related to care)
- * **Remote patient monitoring (RPM):** the use of connected electronic tools to record personal health and medical data in one location for review by a provider in another location, usually at a different time
- * **Mobile health (mHealth):** health care and public health information provided through mobile devices (also includes health tracking devices) (DHHS, 2020)

Music Therapy & Telehealth

prior to Dec 2019 – Ovid/Medline & Psycinfo
“music therapy” and “telehealth” 1950-2019 — 4 results

Before 2020: limited remote music therapy examples

- telehealth-based music therapy military veteran populations (Bronson et al., 2018; Levy et al., 2018; Lightstone et al., 2015; Spooner et al., 2019)
- teens with Asperger's Syndrome who lack access to in-person services due to residing in remote or rural communities (Baker & Krout, 2009); therapeutic songwriting (Baker, Krout, & Magee, 2014)
- parents of hospitalized infants in neonatal intensive care units (Gooding & Trainor, 2018)

January 2020 - increased news reporting

- Jan 20: 1st case in US - Everett, WA

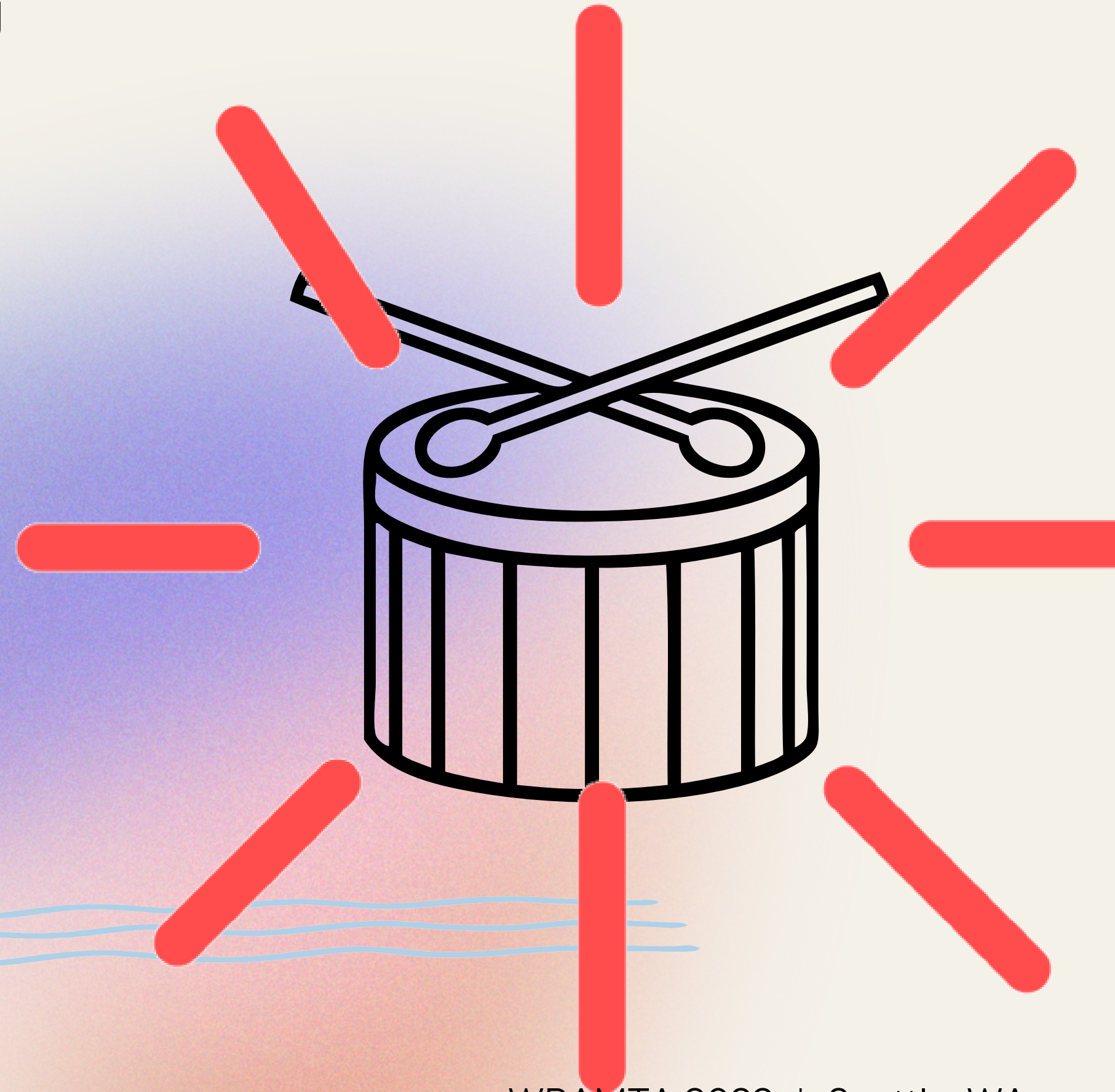
February 2020 - arrival in Seattle area

- Feb 28: 1st US death in Kirkland, WA
- Feb 29: Gov Inslee State of Emergency

March 2020 - impacts to practice

- Mar 11: WHO declares pandemic

- Quick poll -

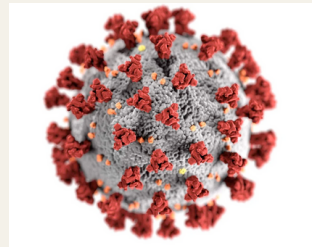


Literature Timeline

prior to Dec 2019

– Ovid/Medline & Psycinfo

“music therapy” and “telehealth” 1950-2019 — 4 results



after Jan 2020

– Ovid/Medline & Psycinfo

“music therapy” and “telehealth” 2020-2022 — 21 results

Why a Virtual Music Therapy model?

Before 2020: limited remote music therapy examples – *developmental model needed*

A framework to build your resources

- starter kit for your remote MT service
- adapting current in-person service or create a new service line to serve those who can't receive your services in-person
- developing resources that will help your in-person clients better transfer their skills at home
- think through some of the practical steps necessary to ensure accessible services for those you serve.

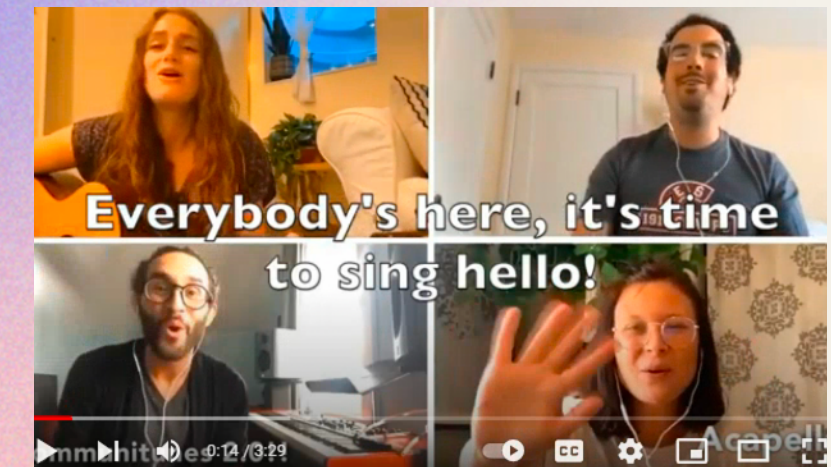
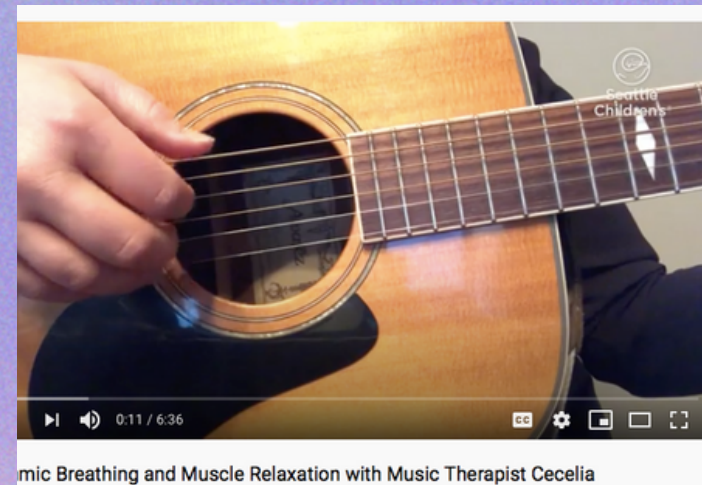
VMT - what is it?

Tier 1: Curated online resources

<https://insidetheorchestra.org/musical-games/>



Tier 2: Original resources



Tier 3: Synchronous remote music therapy sessions

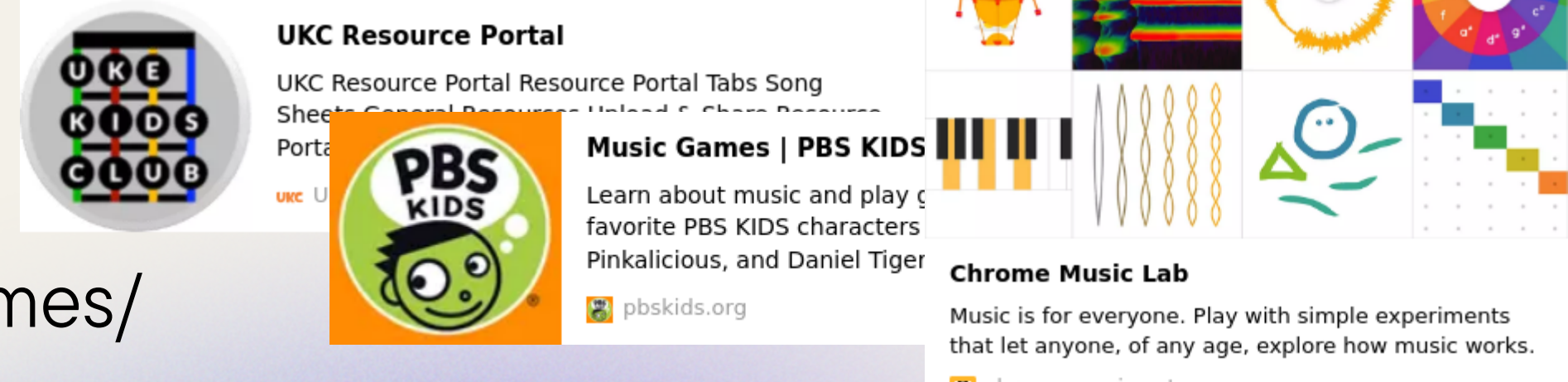
VMT: Provider Perspectives

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VMT - curate and learn

Tier 1: Curated online resources

<https://insidetheorchestra.org/musical-games/>

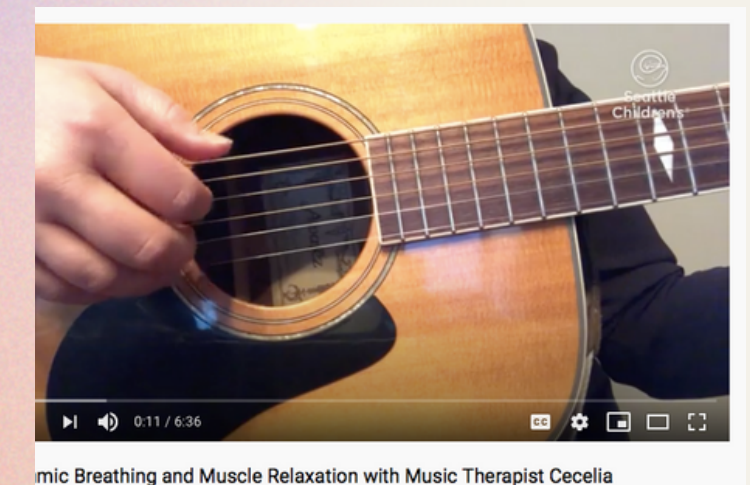
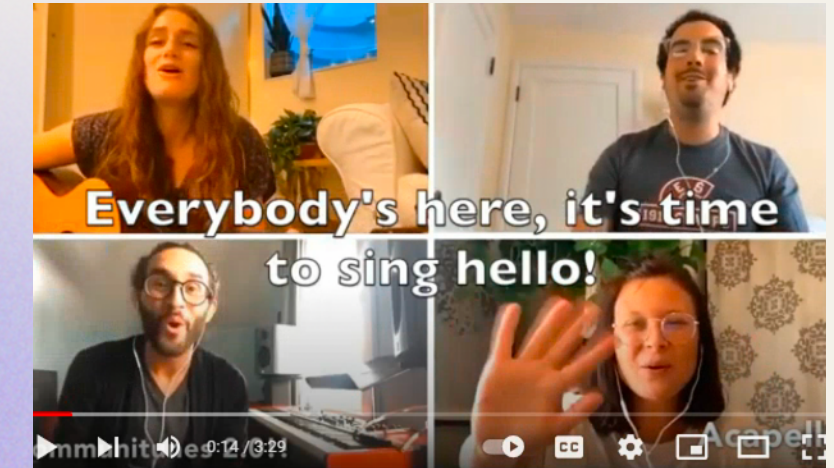
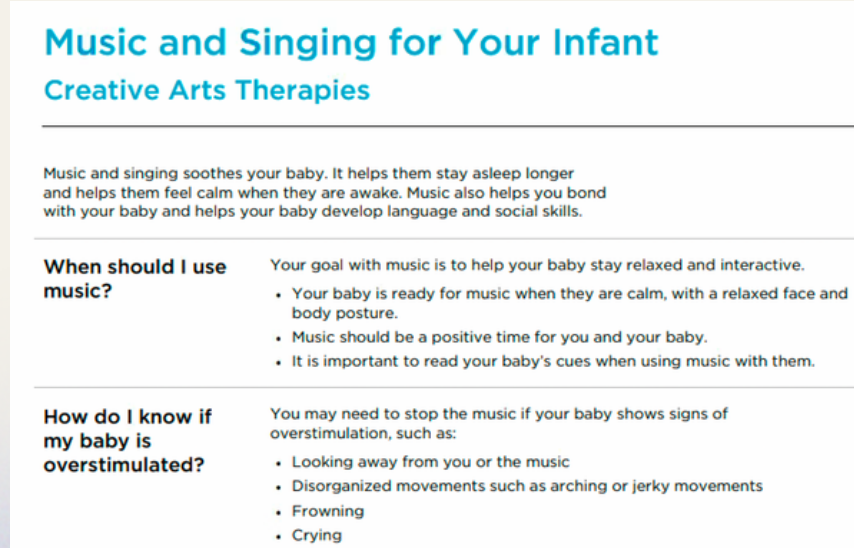


- identify available resources that could benefit your clients
- consider if structured engagement could advance their goals, include in treatment plan
- consider creating an "additional resources" list for enrichment

VMT - create and share

Tier 2: Original resources

- create your own resources
 - individualized?
 - general?
- connect to treatment plan
- create clear instructions, directives
- consider creating a website, or use "free" platforms such as YouTube



VMT - engage and treat

Tier 3: Synchronous remote music therapy sessions



<https://www.facebook.com/BostonChildrensHospital/videos/930242774086714/>

- ensure HIPAA compliant platform
- consider your clients, devel/cog/tech capacities
- PRACTICE on friends & family
- work in private space, consider your background
- helpers/caregivers/staff to assist onsite?
- solicit feedback on their experience of your sound, appearance onscreen, etc.

Emerging trends...



VMT tiers - tools for a comprehensive treatment plan

- **address goals** synchronously and asynchronously
- **create resources** that can be used to advertise your practice
- **create individualized resources** (client voice/participation) for treatment plans
- **create general resources** that provide transfer for discharged clients
- **support clients** with challenges to being served in-person
- **learn** about strengths and gaps as you record and review
- **develop** relationship between consultant and therapist roles

Goals addressed in telehealth

- develop coping skills (Goicoechea, & Lahue, 2021)
- improve mood (Cole et al., 2021; Kantorová et al., 2021)
- reduce isolation (Kantorová et al., 2021)
- increasing social communication (Goicoechea, & Lahue, 2021)
- address cognitive skills (Cole et al., 2021)
- improve motor function (Cole et al., 2021)
- reduce pandemic-related stress (Cole et al., 2021; Kantorová et al., 2021)
- increased caregiver involvement (Cole et al., 2021)
- increase normalization (Goicoechea, & Lahue, 2021)
- support during grief/loss (Goicoechea, & Lahue, 2021)

and more...

Outcome measures

- Observation of client behavior
- Client Self-Report (Likert scales, verbal, written)
- Family/Caregiver Feedback (session feedback – verbal, written, surveys)
- Standardized Assessments

Ensuring accessibility & effectiveness

- identify goals amenable to addressing remotely
- what is possible given
 - your client's setting
 - communication devices available (computer, tablet, cellphone)
 - client's technical abilities
 - onsite helpers (family, caregivers) to assist with session
- if possible, assist client in setup, preparation
- test your equipment and software with family and friends, then with clients
- explore functionality of the platform you are using (screen share, sharing audio)
- practice recording

Telepractice in Pediatrics: Individual sessions

Developmental music engagement with hospitalized 1yo to facilitate cause/effect interaction (personal communication, M. Fuller, Jr., Facebook, Boston Children's, April 8, 2020)

Therapeutic music instruction and therapeutic singing to increase coping skills, reduce dyspnea with an adolescent with Covid-19 on an in-patient psychiatric unit (personal communication, M. Renella, Seattle Children's, April 8, 2020)

Music in psychosocial skills training (MPC) and Music-assisted relaxation with adolescent on pediatric intensive care unit (D. Knott, Seattle Children's, July 2020)

Group sessions

Developmental music group - NICU (B. Negrete, UCSF Benioff)

Ukulele group with fathers - NICU (B. Negrete, UCSF Benioff)

Developmental music group - (C. Bartosiewicz, Seattle Children's)

Ukulele Lullaby for medically complex pt's (D. Knott, Seattle Children's)

It's all still emerging practice...

Hope = Pathways + Agency

- MT's higher levels of perceived stress
- MT's higher levels of perceived hope

(Gaddy, et al., 2020)



Attendee Provider Perspectives

- What are new capacities that you discovered in your virtual practice?

Attendee Provider Perspectives

- Did you discover anything surprising about your clinical work?
 - ... about your client's responses?
 - ... about your use of music?

Attendee Provider Perspectives

- How might asynchronous strategies (original resources, etc) be utilized in in-person delivery of services?

Attendee Provider Perspectives

- What is needed as next steps for our profession to best utilize what we have collectively learned about remote service delivery?



Questions?

Learner objectives



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Electronic Resources

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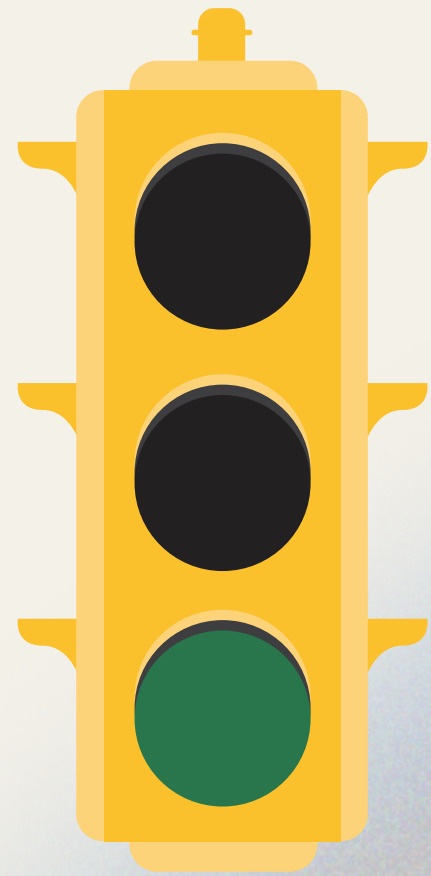
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VMT's



Slide deck: [https://sonocern.org/
david.knott@seattlechildrens.org](https://sonocern.org/david.knott@seattlechildrens.org)

VMT: Provider Perspectives

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