

Music Therapy at Coda



FREQUENTLY ASKED QUESTIONS

HOW DO I REFER SOMEONE?

Either online or by telephone. Referrals can be made by parents, carers or any professional working with the client within an educational, health or social care setting. Adults are welcome to refer themselves.

WHAT HAPPENS NEXT?

Following an enquiry we will require a referral form to be completed. The referral form is available at our website or through the Coda office. Once we receive your completed form we will contact you to arrange an initial Music Therapy Consultation and Assessment session. If you would like an informal discussion before making a referral, please contact us.

The consultation is a meeting with the client's carer or key worker to discuss reasons for wanting Music Therapy, what it is hoped to achieve and generally find out as much as possible about the client's difficulties and needs.

The assessment will involve active music making between our therapist and the client. Here the suitability of Music Therapy as a treatment for them is assessed with a view to identifying some aims and objectives as a baseline from which to start.

Following the consultation and assessment session you will receive feedback in writing with observations and recommendations for next steps.

HOW IS MUSIC THERAPY FUNDED?

Clients who access our Music Therapy Service will meet the cost from a wide range of sources:

- **Private funding (individuals/families)**
- **Charities nationwide**
- **Local Education Authorities**
- **Mainstream and Special Schools (State sector)**
- **Independent Schools**
- **Social Services**
- **Primary Care Trusts**
- **Individual Care Budgets**
- **Residential Homes**

HOW MUCH DOES MUSIC THERAPY COST?

Costs are based on national pay scales for Music Therapists and also take into account all associated costs, including room hire and administration.

Initial consultation and assessment with written recommendation: £50

Individual music therapy sessions: £50 per session

Group sessions (2-5 members): £25 per client per session.

The cost of our Outreach Service varies depending on the options you select. Please contact us for further information.

Please refer to our website for general details of our Music Therapy service, to download relevant forms and for information on our team of Music Therapists www.coda.org.uk

Passionate
about music

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Coda Music Trust Ltd.
A charitable company limited by guarantee (England and Wales)
Registered No: 3487093
Registered Charity No: 1068710

DO YOU OFFER ASSISTANCE WITH FEES?

We give sympathetic consideration to families where financial hardship may prevent a client from accessing our Music Therapy Service. Those in receipt of the benefits listed below may be entitled to receive a 40%-70% reduction in fees:

- **Income Support**
- **Job Seekers Allowance**
- **Housing Benefit**
- **Council Tax Rebate**
- **Free school meals**

If none of the above applies to you, we will endeavour to explore other funding sources, including external charities and public sector funding, which may help cover your fees. In exceptional cases we offer discretionary remission for a fixed period on an individually negotiated basis. Please contact us for further information.

WHAT ARE YOUR PAYMENT TERMS?

The initial consultation and assessment session is to be paid in advance. All other sessions are invoiced in arrears at monthly or termly intervals.

Payment can be made by BACS, card, cheque or cash.

WHAT HAPPENS IF I MISS A SESSION?

In order to cover the costs of our therapist we are committed to charging for all sessions cancelled or missed, for whatever reason.

Where a session is cancelled by Coda no charge applies.

For the cancellation policy for outreach work please contact us.

HOW LONG DOES MUSIC THERAPY LAST?

Once the client has completed the initial assessment, sessions are usually held on a weekly basis for 30-40 minutes at a time. The length of a course of music therapy varies and is dependent on the client's needs and the reason for referral. In some cases, significant changes take place over a few months of sessions. However, in many cases, clients attend music therapy for one or more years, establishing the weekly Music Therapy session as a supportive routine. This allows the therapeutic relationship to evolve and for long-term changes to take place.

WHEN DOES THERAPY END?

If for any reason you need to end your child's/client's sessions, it is important that the therapist is given at least four sessions' notice. Each client requires a different amount of time in order to bring about changes in his or her capacity for communication and in his or her emotional world and behaviour. It is difficult to predict at the beginning how long a client may benefit from coming to sessions and so progress is regularly reviewed at agreed intervals. In all cases it is important that, as therapy draws to a close, the client is prepared for its end. Preparing properly for an ending will preserve the progress made and allows the therapist to work with possible emotions evoked by the ending.

WHAT HAPPENS IN A TYPICAL SESSION?

During the session both client and therapist take an active part by playing, singing and listening. Clients are encouraged to use a range of instruments including tuned/un-tuned percussion, string and woodwind instruments, drum kit, piano and the voice. Sessions sometimes include music/recording technology and instruments such as electric guitar and bass. Sessions are client-centred, allowing each person to explore the world of sound in his or her unique way. By responding musically the therapist encourages this process and supports the expression of the client's individuality through his/her music. The music played is largely improvised and covers a range of styles according to the client's individual preferences and needs. Sessions may include the use of pre-composed music, singing songs, song writing or musical games. During sessions a trusting relationship develops between client and therapist, which enables emotional and developmental themes to emerge and to be explored. Where appropriate, this includes verbal reflection on arising emotional themes stimulated by the shared music making.

WHAT ARE THE AIMS OF MUSIC THERAPY?

The therapist helps the client to strive for his/her full potential by encouraging the client in his/her physical, emotional, social and spiritual development. The therapist will support the client in areas he/she is experiencing difficulties, such as the following areas:

Communication

Verbal and non-verbal communication is crucial for personal development and continuing mental health. In Music Therapy clients deepen their ability to listen and experience being listened to, and develop tools with which they communicate. Clients gain confidence in their abilities in order to help build rewarding relationships with others.

Social Skills

Music Therapy sessions promote awareness and tolerance of others. We try to enable clients to relate positively to others and to explore unhelpful behaviour. Group music making gives clients the opportunity to explore sharing, taking turns, being in charge and accepting leadership from others within a safe framework.

Emotional response

Music stimulates emotional response and offers a positive and creative means of expressing and sharing emotions that cannot be put into words. This area of work is particularly important for clients with emotional issues and for those who have experienced bereavement, anxiety or abuse.

Personal Growth

Key areas of personal growth including individuality, self-awareness, confidence, initiative, creativity, and choice are addressed as part of the therapeutic process.

Developmental Work

Clients can be supported in progressing through various developmental stages including auditory/tactile/visual awareness, reaching/grasping/manipulating instruments, attention and concentration, individuality and separation from parents.

HOW DOES MUSIC THERAPY DIFFER FROM A STANDARD INSTRUMENTAL LESSON?

Although the development of musical awareness and instrumental/vocal skills is not the main focus of music therapy, it can occur as a by-product of being engaged in creative music making. In some situations the music therapist may include educational elements into the therapeutic process. The musical learning which takes place in music therapy sometimes creates an interest to engage in more formal instrumental lessons.

WHO BENEFITS FROM MUSIC THERAPY?

Music Therapy is an effective form of therapeutic support for children and adults with a wide range of needs including:

- **Social / Emotional/behavioural problems**
- **ADHD**
- **Sensory Problems/Impairment**
- **Developmental Delay**
- **Down's Syndrome**
- **Autistic Spectrum Conditions**
- **Communication Disorders**
- **Learning Disability**
- **Abuse (physical, emotional, sexual)**
- **Life-threatening illness (cancer and others)**
- **Neurological conditions**
- **Dementia**
- **Mental health problems, including anxiety, depression, psychosis**
- **Stress, trauma, bereavement**
- **Personal growth and self-discovery**

WHAT ROLE DO PARENTS/CARERS TAKE?

Except in the case of very young children or where medical, therapeutic or safety needs dictate otherwise, the client will be alone with the therapist during sessions.

We all need time to ourselves without being observed, praised or judged for what we do by the people closest to us. Music therapy provides such a time for the client. In some circumstances Music Therapy sessions may involve working with a parent-child couple, facilitating communication/play skills and interpersonal contact. Where appropriate, parents/carers can watch sessions through the viewing window.

We like parents/carers to be involved and informed as much as possible throughout the therapy process and will share and discuss important issues as they arise. As it is often inappropriate to discuss issues at the end of the session in front of the client, we prefer to speak on the phone at a mutually convenient time. You are welcome to email or phone us during the week to discuss sessions or inform us of any developments.

WHERE DO SESSIONS TAKE PLACE?

We operate from our home at Coda Music Centre in Christchurch, Dorset and in a range of settings across the local area. The location of your sessions will be confirmed by us, prior to the start date. Please ensure that you are clear which location your sessions are to be held at.

HOW IS PROGRESS REVIEWED?

Evaluation of therapy takes place through careful observation, written notes after each session and in some cases the intermittent analysis of audio/video recordings (where consent has been given). The therapist builds up a picture of progress and changes that are taking place and summarises these in written reports and at verbal reviews. If you would like to discuss the progress of your child or someone in your care, please let the therapist know so he/she can make arrange a meeting. If you require a report, e.g. for a review meeting, please let us know at least two weeks in advance.

Our therapists use a multi-disciplinary approach, being proactive in liaising with other professionals and services involved with the client. This prevents therapeutic work becoming isolated and ensures that the progress in music therapy can be understood within the context of the client's life.

IS THERE RESEARCH TO SUPPORT THE BENEFITS OF MUSIC THERAPY?

Music Therapists have responded increasingly to the demand for "Clinical Effectiveness" and "Evidence Based Practice" by conducting studies to research the effectiveness of Music Therapy for specific client groups and conditions. This research has led to recognition by NICE (National Institute of Clinical Excellence) for Music Therapy as a recommended form of therapy. Music Therapy is now offered as a part of some NHS provision for children with Autistic Spectrum Conditions (ASC) and adults with Schizophrenia or Dementia. Coda Music Trust contributes to research by undertaking pilot projects and evaluating the effectiveness of Music Therapy for specific client groups.

WHO DOES CODA WORK WITH?

We provide Music Therapy Services to people of all ages and with a wide range of needs. We receive referrals from private individuals, organisations, care homes, charities and the public sector (NHS, LEA's and Social Services). Our work tends to focus within the counties of Dorset and Hampshire.

WHEN DO SESSIONS TAKE PLACE?

Once the initial assessment is completed, weekly or fortnightly sessions are arranged at a time convenient for the client. In order to ensure continuity for the client we aim to keep to this time each week. Our therapists are able to offer music therapy sessions on weekdays from 9am to 5pm approximately 36 weeks of the year. Children and Young People's sessions mostly take place during term time.