

## INFORMATION & CONSENT FOR ONLINE MUSIC THERAPY (OVER 18s)

22 March 2020

### What is Online Music Therapy?

As you are no doubt aware, the current government guidelines require us to avoid all non-essential travel and direct contact with non-household members. In response, we are now offering some of our clients Online Music Therapy. This is a temporary measure to help us maintain the therapeutic relationship and provide support to our clients during this unsettling time. Once the restrictions are lifted, we aim to resume face-to-face therapy.

The fundamental principles of Music Therapy remain the same and the aims and goals for each individual will continue to guide our therapeutic work.

In Online Music Therapy, we interact with the children or young people through a video conferencing app called *Zoom*. It is easy to set up, works well for music and video, and is safe to use.

I would be grateful if you could read the following guidelines to online music therapy and sign and return the attached form prior to the first scheduled online session.

- Where the client is under 18 or not paying for their own sessions, consent is required from both the person funding sessions and the client.
- The client will have access to a confidential space where they will remain for the session and will not be interrupted for the duration of their session (45 minutes).
- Sessions will take place at a specified time and date as arranged by the therapist.
- Sessions may not be recorded nor any part shared on any social media platform or youtube.
- Screenshots are not permitted.
- The therapist will be in a sound-proof room without interruptions.
- The client will be able to start and finish their therapy session.
- The fee for online music therapy sessions will remain the same as previously arranged.
- Our existing GDPR guidelines apply - please see the following link for further information:  
<http://www.musictherapybedfordshire.co.uk/gdpr-privacy-notice>.

Please do contact me if you have any queries or concerns regarding Online Music Therapy.

I have attached separately instructions on how to install and set up Zoom but please contact me if you have any difficulties.

Kind Regards,



Sarah Forshaw  
Music Therapist, Music Therapy Bedfordshire



## CONSENT FOR ONLINE MUSIC THERAPY (OVER 18s)

Please complete the attached form and return to [sarah.forshaw@musictherapybedfordshire.co.uk](mailto:sarah.forshaw@musictherapybedfordshire.co.uk)

Electronic signatures will be accepted as well as scanned signatures.

I have read and agree to the above guidelines for \_\_\_\_\_ to receive Online Music Therapy via Zoom

Client Name \_\_\_\_\_

Client's Signature (if over 18) \_\_\_\_\_

Parent/Carer/Fee-payer's Name \_\_\_\_\_

Parent/Carer/Fee-payer's Signature \_\_\_\_\_

Relationship to Client \_\_\_\_\_

Date: \_\_\_\_\_

Many thanks,

Sarah Forshaw, Music Therapist