



Music Therapy Phone Sessions - A Practical Guide

In light of the coronavirus pandemic, North London Music Therapy wishes to offer alternative session options that can take place over the phone.

Phone sessions will be offered during this time if:

- You feel unable or that there is too much risk to travel to your sessions
- Your therapist feels unable or that there is too much risk to travel to sessions
- A government directive instructs mass closing of public venues, mass self-isolation or similar instructions which would prevent physical sessions happening.

How phone sessions will work

These guidelines are the same guidelines used in other therapeutic organisations who are considering using phone sessions for the near future.

Your phone session will take place at the same time your music therapy session would usually take place. Please ensure you are somewhere quiet and where you are unlikely to be disturbed.

If you have instruments you may wish to bring them to your room with you, and you may wish to consider singing. Please bear in mind, though, that music making over the phone can feel more difficult than music making in person, so you may feel you would rather talk for the whole session - if so, that is ok.

1. Please call your therapist at the time your session is due to start. It is this way round so you have the option of “making the journey” to your therapy as you usually would. Please consider using WhatsApp calls so you do not incur any further cost.
2. Your session will continue as usually as possible. It is up to you whether you hold your phone to your ear or whether you use the speaker phone function.
3. Your therapist will let you know when it is time to finish your session. It is your responsibility to hang up and to finish the session, again to allow you to “leave” your therapy as you usually would.

Phone sessions will cost your usual rate, minus any room hire charges as these charges would not be applicable.

If you have any further questions, please contact Marianne either by mobile or by email:

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