Resources for delivering online music (and other creative arts) therapy, supervision, training and other meetings

There are number of free online video conference applications/platforms which may potentially be suitable for delivering therapy online.

Zoom.us (https://zoom.us/) can be highly recommended. It is easy to use, free and GDPR compliant. To use zoom, the software needs first to be downloaded. The therapist then sends the client a link via email in advance for each session. It's possible to hold group sessions/meetings with up to 100 participants, though with the free version these are restricted to 40 minutes. On the other hand successive sessions can be scheduled in advance 40 minutes apart – this is a workable solution for meetings. It's possible to audio or video record sessions which may be useful for supervision.

Of especial importance when using zoom for sessions with music is deactivating the speech codecs in advanced settings: that this is possible in zoom makes it superior to most other platforms for music therapy. The way to do this (by enabling 'allow users to select original sound in their client settings') is described in Video 13 referenced below and in a document produced by Professor Jim Daus Hjernøe of the Royal Academy of Music, Aalborg, Denmark. This document can be accessed through clicking on the link '*RAMA Vocal Center download: Guide to Music Mode in the ZOOM app*' at: https://musikkons.dk/en/programmes/jazz-pop/innovative-choir-leading/rama-vocal-center/more-about-rama-vocal-center/. This document is also available on the BAMT Covid-19 resources webpage: 'zoom music settings for online sessions'.

Zoom is used by Guided Imagery and Music (GIM) therapists for streaming music from the therapist's computer in high quality in delivering therapy sessions. Detailed information about using zoom for online therapy that may be useful for music and arts therapist's generally is available online by clicking on the video media link at https://www.barcelonapublishers.com/Guided-Imagery-and-Music-The-Bonny-Method-and-Beyond: Video 13 ("Getting Started—Advanced and Basic Functions in Zoom.us"), Video 14 ("Make Test Sessions—and Practice Your Skills and Workflow in Zoom.us"), and Video 15 ("How to Make Online Sessions Using Zoom.us").

Doxy.me, which is even simpler to use than zoom.us, can be recommended for online supervision and other online communication (https://doxy.me/) if music is not to be played nor recordings shared (zoom.us being better for that). Doxy.me is straightforward to use, free and GDPR compliant. There is no software to download, though it only works with chrome, safari or firefox installed on devices. The therapist/supervisor sets up a virtual waiting room and shares the link to it with the client/supervisee. This remains the same for every session (which makes doxy simpler to use than zoom.us). The client clicks on the link at the appointed time and the therapist is notified that the client is in the therapist's waiting room. When ready the therapist starts the session. Doxy is excellent and designed for this type of purpose though group sessions are not possible.

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