

## EMTC Guidelines music therapy services online

### INTRODUCTION

The following recommended guidelines are flexible so that they can be applied by music therapy practitioners within the different professional realities in each European country. The guidelines are written in a general manner and may vary depending on each different situation and context. ***Please make sure to contact your professional association or responsible authority to find out about the local guidelines and regulations regarding online clinical practice.***

The development of a set of guidelines for online practice has a dual importance for professional music therapists.

First, it helps music therapy practitioners to ensure that the therapy process with their client is ethical and efficient. These safeguards and even raises the quality of our work and can widen the opportunities of using music therapy for more people.

Second, the establishment of ground rules for online practice helps the profession to grow in a healthy direction. This leads to further recognition of music therapy by the public, by authorities and by institutions, and thus helps music therapy to spread and help more people.

### Music Therapy services offered online

**All the articles mentioned in the Ethical Code of the EMTC are applicable to online music therapy services for practice, supervision, research and/or educational purposes. In addition to these, the following guidelines should be considered by the music therapy practitioner:**

**1.1** When specific circumstances impede face-to-face sessions, music therapists should try to move sessions online whenever the situation permits, with the wellbeing of their client in mind.

**1.2.** Music therapists should attend specific training on the use of tele-health platforms and ways to carry out online sessions before practicing online.

**1.3** Online sessions should be organized on a secure communications platform, with provision for a reliable internet connection which ensures privacy and uninterrupted sessions.

**1.4** Before starting a music therapy service online, the client should sign an informed consent form that states that s/he accepts the music therapy service online on his/her own initiative and that s/he is familiar with the credentials of the service. This document, set out by the music therapist, should include details such as the method, the setting, the duration and the price, as well as the general conditions.

**1.5** Before starting a group music therapy service online, an informed consent form should be signed by each member of the group, stating clearly that s/he will respect the conditions of privacy online and that no information will be shared outside the group under any circumstances. It should be added that violation of this condition of privacy will lead to personal liability.

**1.6** Written permission must be obtained by all participants for any picture and/ or video recording to be made. This should be expressed by a signed informed consent form, either by hand or in electronic format.

**1.7** When a music therapist conducts an online service with a child, a minor or a person without legal capacity, the informed consent form must be signed by the parent or guardian.

**1.8** When circumstances impede the use of signed contracts or informed consent forms, an exchange of emails will be acceptable. A mail should be written to establish the conditions and returned by the client clearly accepting those conditions.

**1.9** When a music therapist conducts an online service with a client with a medical condition or a mental illness, contact should be made beforehand with the attending physician, psychologist or health professional.

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