

Philadelphia Music Therapy

Selected Tele-Health Experience in Music Therapy

Board Certified Music Therapists are able to offer a plethora of trauma informed interventions in tele-health through a HIPPA compliant video platform. These interventions can decrease isolation and anxiety and can increase feelings of support.

Stress Management Interventions using live or recorded music:

- Progressive muscle relaxation (the music changes for each directive of tensing, releasing, and shifting focus)
- Deep breathing (the music supports inhalation and exhalation and slows gradually while also providing grounding through a repeated bass pattern.)
- Imagery (imagine a relaxing place with music to support the verbal cues)
- Breath a relaxing color into each part of the body during autogenic training
- Stretching and movement supported by music.

Beat making:

- The clients make a beat using computer software on a shared screen which they may then add vocals/lyrics to. (either the therapist or client performs the vocals)
- Referential beat making: each loop/track references something such as:
 - A family member for a family mapping
 - A coping skill in a set approaches a stressor
 - Strengths to create a positive expression of a person or group
 - Symptoms and related coping skills to explore and reflect a challenge or illness
 - Each member of the group to paint a picture of the group as a community.

Song writing:

- The therapist offers several choices of chord progressions, tempos, instruments, etc, so that the group can direct the song writing. Either the clients or therapist performs the vocals. Pre-existing song can be used by replacing select lyrics.

Song listening: (performed by the therapist or from a recording)

- Song discussion: songs are chosen around a theme related to the treatment plan and are then discussed.
- Song dedications: songs are exchanged by clients or given by the therapist to provide support.
- Theme songs: clients list their strengths or commonalities, then share a theme song to reflect something from the list.
- Change: clients come up with changes they would like to see in their lives, in the world, in the community, in the facility, etc. and share a song to listen to and discuss that reflects the change.
- Clients choose a song to reflect before, during, and after/recovery in relation to substance use or other challenges or illnesses.

Music Games:

- Music trivia including looking at photos and videos of favorite artists
- Music bingo using favorite songs. (Bingo cards are emailed and printed)
- Music Jeopardy

Singing/playing:

- The clients and therapist sing and/or play familiar songs to increase social interaction, lung capacity, empowerment, reminiscence, and emotional expression.

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