

HERTFORDSHIRE MUSIC THERAPY SERVICE

Information for parents and carers

Music therapy can be an effective intervention for children with a very wide range of needs. These may include

- Developmental delay
- Physical/sensory disability
- Autistic spectrum difficulties
- Emotional and/or behavioural difficulties

The Hertfordshire Music Service offers music therapy sessions in the Music Centres across Hertfordshire with a team of professional fully qualified State Registered Music Therapists. Therapists are appointed to the team only after a rigorous process that includes interview, Criminal Records Bureau full disclosure and good references. They have regular training in order to keep up to date with current professional standards.

How much does it cost?

- Individual sessions cost £30 per session. A session is usually up to 30 minutes actual contact time. There may be feedback time with you after some sessions, but there will be opportunities for you to attend a review meeting, which may include video excerpts of work with your child and where you will be able to talk in more detail about the work with your child.
- The therapist will also take time to write up confidential notes following each session so that detailed assessment and review reports will be available as appropriate.
- Information will also be available for statementing reports and for other professionals as appropriate.
- The therapist will also ask for your consent for confidential audio and/or video recording of some sessions, in order to privately study clinical work in more depth. Sessions can still go ahead if you refuse consent for recordings.
- Sessions for a pair of children cost £15 per child per session
- Group sessions, 3 children or more, £12 per child per session

Music therapy for most children would be in individual sessions, but the needs of a small number of children may be more suited to paired or small group sessions. The therapist will be able to advise you on which type of sessions would be appropriate.

- You will be asked to commit to sessions for a term at a time and will receive an invoice at the beginning of each term. This may be paid in two instalments, at the beginning of each half-term. If, following the assessment period (see below), the music therapist, in consultation with you, decides that music therapy is not suitable for your child, you will receive a refund of the remainder of the first half-term's fees.

- There will be 33 weeks of therapy sessions per year, 11 per term.

There is a Remission of Fees scheme for eligible families and Looked After Children. Please speak to the Music Service Remissions Officer on 01438 844848 for more details.

How will the sessions be arranged?

- There will usually be an informal meeting with the therapist before the assessment sessions begin, so that you have an opportunity to discuss music therapy and what it might mean for your child.
- Sessions will always take place at the same time and in the same venue each week, with the same therapist. Music therapy works via the development of a musical relationship between the therapist and the child. Normally your child will attend in the therapy room and you will be able to wait just outside.
- There will always be an initial assessment period of approximately 3 sessions, during which the therapist will begin to get to know your child and will assess their suitability for more long term music therapy. A written assessment report will be prepared and the therapist will discuss whether music therapy is likely to benefit your child. In the unlikely event that the therapist decides, following the assessment sessions, that music therapy is not going to be suitable, you will receive a refund of fees paid, minus the three assessment sessions.
- It is quite usual that a child may attend music therapy sessions for at least a term or longer, so there is a firm commitment required.
- If you wish your child to finish music therapy sessions, you will need to give half a term's notice in writing.
- If the therapist decides, in consultation with you, that your child is ready to finish sessions, half a term's notice will also be given. It can sometimes take children a long time to form a trusting relationship with the therapist and children's development will be very much helped by adequate preparation for the ending of relationships.

How do we get started?

- Please contact Jennie Small, the Head Music Therapist at the Music Service, via the Music Service office on 01438 844851 or on 0777 606 8361. Alternatively email jennie.small@hertscc.gov.uk
- You will need to fill in short referral and consent forms. You will also be able to talk through more details with the therapist concerned before beginning sessions.