



Telehealth (Video-Based) Music Therapy Options in Assisted and Independent Living and Private Homes

Why try telehealth music therapy?

- Isolation due to COVID-19 has decreased activities, interaction, and sources of support for many. This may leave you experiencing decreased human contact, socialization, and interaction; and increased isolation, loneliness, fear, anxiety, and/or depression.
- If you aren't feeling challenges with COVID-19, that's wonderful! Telehealth music therapy can still help provide a way to explore positive memories, structure discussion and interaction, and bring more music into your life. It can also help with things like improving mood and attention; decreasing pain, discomfort, or anxiety; facilitating exercises; and strengthening your voice. The best thing about music therapy is that it is fun!

What is music therapy?

- Music therapy is an evidence-based health service similar to physical therapy, occupational therapy, and speech-language pathology that uses music as the therapeutic tool to address physical, cognitive, social, emotional, psychological, spiritual, and/or behavioral needs.

How does this work?

- Telehealth sessions require an iPad, computer, or another device with cell or internet connectivity.
- We use a HIPAA compliant version of Zoom for our telehealth sessions. You will need to download this application and create an account before the session. We have a step by step visual guide available to guide you through this process; and can help with this process if this is at all intimidating!

What would a music therapy session look like?

- We adapt what we are doing in each session depending on your immediate individual interests and needs. We can do different things each session or do the exact same thing each time.
- You will have the opportunity to choose the music we use in sessions.
- A few examples of how we can use music to achieve goals:
 - Selecting songs
 - Singing
 - Talking about memories associated with the music or the words to songs
 - Moving to the music, or doing specific exercises to meet your individual goals
 - Playing instruments if you have them (for in-person sessions we typically bring these)
 - Writing songs or creating musical gifts
 - Relaxing to the music
 - Voice exercises to strengthen speaking voice or swallowing ability
 - Exercises to help with memory, word production, or cognition
 - Talking about ways you can use music to enhance your life

What services do we provide?

- **30, 45, 60, or 90-minute individual music therapy sessions.** You can invite family or friends to join sessions virtually as well if you like. 90-minute sessions work well if you are interested in creating songs or musical gifts you can share with friends or family or if you want to try writing a song (don't worry we make it very easy!)
- You can schedule ongoing sessions or a one-time session.

To learn more or to schedule sessions:

- Visit <http://livingspirittherapy.com>
- Contact Melissa Spiess at 651-363-3936 or melissa@livingspirittherapy.com