




Brooklyn Conservatory of Music

BKCM Music Therapy Program

Tips for Successful Music Teletherapy Sessions

Welcome to the virtual music therapy community at the Brooklyn Conservatory of Music! We are so happy to have you in our program.

As we look toward continuing our services through music teletherapy sessions, we have put together this resource guide to help maintain as much continuity of care as possible in your sessions. Read on for tips for how to set yourself up to make the most of your child's session!



Equipment to prepare

- 1. Fully charged laptop/desktop/tablet with webcam and audio connection:** If possible, have your device plugged in and charging during the session, or ensure your device is fully charged prior to the session.
- 2. Earphones or headphones:** If your child is able, we recommend they wear head/earphones to prevent sound echoing and to better focus on their music teletherapy session.
- 3. High speed internet:** Internet with a bandwidth of at least 10 mbps is recommended for highest quality and to prevent connection issues. To check your internet connection, Google search "[internet speed test](#)" and click on the blue button that says "Run Speed Test." If it shows your wifi is under 10mbps, you may want to restart your router.
- 4. Your phone as backup:** Have your phone available as backup, in case of any technical difficulties which may require you to switch to a phone call or a different video call platform.
- 5. Zoom:** Beginning September 2020, BKCM music teletherapy sessions will transition to Zoom platform for those who are able. If you do not already have Zoom and/or are not familiar with this platform, [please review the instructions for your specific device](#) prior to your first session.

Environment to prepare

- 1. Good lighting:** Sit next to a window if possible, or if your appointment is after sunset or in a location without a window, bring in as much artificial light as possible. Moving a desk lamp or standing lamp in front of you can help, as can removing any lighting behind you.
- 2. A quiet space:** Find a quiet space in your home and if possible ask other household members to lower the sound of their activities during the time of your child's session.
- 3. Accessible layout:** If your child uses instruments in their session, have them readily available and within arms' reach prior to the start of the session. If at all possible, position your device's camera in such a way that both your child and the instruments can be fully visible on the screen.
- 4. Instruments:** If you are in need of instruments, please [contact us](#) for resources. Or if your child enjoys art projects, you can also consider [making additional instruments](#) to liven up your sessions!

Engagement to prepare

- 1. Transitions:** Transitions to and from music teletherapy sessions may be challenging for your child without the clear demarcation of entering/exiting BKCM's building. If at all possible, we recommend establishing a pre-session routine to allow your child to smoothly transition into their session when it begins. This can range from taking a short device break before beginning, verbally processing with your child that the session is about to begin, having a pre-session snack, etc. - whatever method works best for your child to signal it is time to prepare for the session.
 - 2. Limiting distractions:** Close out of any open applications on your device, or, if applications are still running, make sure notifications are muted to prevent distractions in the middle of the session.
 - 3. Promoting the relationship:** As always, we strive to promote the relationship between your child and their music therapist, but we also realize your involvement in the sessions has necessarily changed to accommodate virtual sessions. If you are ever unsure what your role should be in supporting your child's music therapy experience, please ask! Your child's music therapist is here to work with you to establish the right balance between freedom and support for your child.
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