



# Music therapy for adopted children

## Parents information pack

Thank you for considering music therapy to be part of your child's reflective journey! In this document, you will find relevant information regarding your child's music therapy provision through post-adoption support fund (ASF).

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## Details of Music Therapy provision for your child

**Date of sessions:**

**Location:**

**Type of sessions:** 45-minute individual session

**Name of referrer:**

**Date of referral:**

**Date of assessment (if applicable):**

**Outcome measurement tool (if applicable):**

Strength and Difficulties Questionnaire (SDQ)

Goal based outcome (GBO)

Outcome star

Others: \_\_\_\_\_

**Therapeutic goals:**

If you wish to contact us regarding your child's engagement in Music Therapy, please email your trainee therapists's clinical supervisor. We will respond to urgent communications within 24 hours on working days. Otherwise, We aim at responding to emails within a week.

## About Music Therapy

Music Therapy is a clinical intervention that utilises music as a treatment option for people who may need emotional and psychosocial support. All Music Therapists in the UK must have completed a MA in Music Therapy or equivalent and are required to register with the Health and Care Professions Council (HCPC). We are required to follow the standard of practice and code of ethics set by HCPC.

Music Therapy is particularly suitable for young people who prefer not to explore their emotional challenges verbally or those who are yet to have the capacity to articulate themselves with words. Instead, the therapist observes and engages the child through imaginative play and musical improvisations.

The goal of Music Therapy for adopted children would be to provide a non-threatening environment where children can explore creative ways of regulating their emotions and experiment with expressing themselves healthily. As the therapeutic relationship develops, children can utilise the sessions as a contained space to explore their life story and to unpack emotional trauma rooted from early childhood. Here's a child-friendly video on what to expect in Music Therapy:

<https://www.clapandtoot.com/music-therapy>

For more information, please visit my website [www.clapandtoot.com](http://www.clapandtoot.com) or the website of British Association of Music Therapy at [www.bamt.org](http://www.bamt.org). You can find out more about my professional portfolio on LinkedIn <https://www.linkedin.com/in/crystal-luk/>.

## Understanding the funding process

### Post-adoption support fund (ASF) application

#### Step 1 (1-2 weeks):

Fundings are made via your adoption social workers. If you do not have a social worker assigned to your family, you can email your request to your local adoption agencies. Our practice is registered with Adopt London West ([adoptLondonWest@ealing.gov.uk](mailto:adoptLondonWest@ealing.gov.uk)) for those based in Brent, Ealing, Hammersmith and Fulham or Hounslow; and Adopt London South ([postadoptionsupportALS@southwark.gov.uk](mailto:postadoptionsupportALS@southwark.gov.uk)) for those based in Greenwich, Croydon, Lewisham, Lambeth, Wandsworth, Southwark, Sutton, Merton, Richmond and Kingston. If your child has been adopted for under 3 years, you will need to liaise with the placing adoption agency instead of your local adoption agency.

#### Step 2 (1-2 weeks):

Once your social workers have received your application, they will then gather necessary documents to support your ASF application for music therapy. This may include a quote from me and a meeting with you.

#### Step 3 (5 weeks):

Once your social workers have gathered all the necessary documents, they will submit your ASF application to the decision panel. It will take 25 working days for the panel to return a decision. It may take longer if the panel requires further information. Your social workers will inform you and me via email as soon as ASF funding is confirmed. We can begin sessions right away.

## How to make use of ASF

- The funding approved ensure that your child can access:
  - Weekly music therapy sessions
  - One pre-assessment parent meeting
  - One assessment report (after the first 3 sessions)
  - One progress report to support further funding application
  - One parent review meeting
- There is no pressure to 'use up' the funding approved for the financial year. Any unused funding will be returned to your child's budget and can be used for Music Therapy or other intervention in the next financial year.
- Fundings are either approved until the end of each financial year (i.e. end of March) or one year from the start date of therapy. To ensure no break in therapy, application for further fundings must be made 6 weeks before the initial funding agreement expires.
- While we endeavour to support funding applications, it is your responsibility to ensure that application forms are submitted to the relevant Adoption agency (i.e. Adopt London West, Adopt London South) in a timely manner. It is also **your responsibility** to complete outcome measurements required by the local authorities. Our practice is not able to release final report until these outcome measurements have been completed.

## **Supporting your child's engagement in therapy**

### **Explain what music therapy is in age-appropriate language**

It is common for children to be apprehensive about starting therapy. Children might be resistant to therapy prior to starting as there is a common perception that having a therapist means something is wrong with them. They may have a lot of questions regarding the therapy. It is important to make time for these conversations with your child.

Use simple language, remain genuine and encourage your child to be curious.

You may say things like:

- 'I wish I have a space to play music and rant about my parents (in a joking manner!) when I was young'
- 'I've spoken with Crystal, I think she is \_\_\_\_\_ (be honest), but you might want to find out for yourself.'
- 'That's a good question. I am not sure of the answer, would you like me to ask Crystal?'
- 'Would you like me to tell Crystal a few of your favourite songs?'

### **Respect your child's privacy in therapy**

Having a private space to explore emotions can be an empowering experience for young people. It is important for us to assure your child that we respect their privacy in therapy. If you would like to communicate specific events with me between session, please be transparent with your child where possible.

The code of ethics set by HCPC prevents me from disclosing specific conversation between myself and your child unless I have concerns over their safety and wellbeing. However, please rest assured that I will communicate relevant themes and general progress with you when clinically appropriate.

## **Take your child's view into account**

The 3-session assessment period is in place so that you and the therapist can have an opportunity to gauge whether music therapy is the appropriate intervention for your child and whether we're a right fit for each other.

We strongly believe that music therapy can provide a positive therapeutic experience for children. However, if your child does not wish to continue with therapy, their wishes must be taken into account when deciding whether further input is appropriate.

## **Liaising with the therapist**

A pre-assessment parent meeting between us prior to your child's first session is mandatory. This gives us an opportunity to learn more about your child's life story in case relevant themes come up later in sessions.

Some parents find it useful to update the therapist on their children's behaviour via email occasionally. While we might not always respond promptly, we will read your email before seeing your child next.

## **Normalise emotional expression at home**

It is common for children engaging in therapy to become increasingly explorative of their emotions. It would be helpful for you to facilitate an open space for discussion, embrace difficult emotions and to model healthy ways of expressing feelings at home.

## **Preparing for ending**

The ending of therapy is as important as the process of the therapy. we aim to provide our clients with a well-managed ending. As such, we ask that you give us at least 4 weeks notice if you wish to terminate your child's therapy with us.

## What children and parents say about Music Therapy

“ *Music Therapy has been helpful. I feel calmer after each session.*

“ *I like everything about Music Therapy.*

“ I like how we do it in Music therapy and how Crystal makes me feel better.

“ *Our child really enjoys music therapy. We've noticed they are much calmer after each session - it seems like a weight has lifted. Crystal's approach has been very thoughtful, she took time to get to know us up front and has worked creatively to help support us. Crystal's work has made an enormous difference to our family!*

“ Our child's anxiety tendencies have calmed down monumentally. They are now much better when it comes to anxiety and reasoning things out. They seem a very different child to me now to the one a year ago. My child is now ready to tackle life!