



SING • EXPLORE • CREATE
Center for Music Therapy, Education, & Wellness

Music Therapy Service Policies and Rates of Service

Sing Explore Create, LLC is committed to supporting the growth, development, and well-being of people across the lifespan through music therapy, music education, and music wellness programs. All services are guided by best practices, delivered by board-certified music therapists, and take into consideration the unique interests and needs of the individuals, families, and organizations we serve. We know that everyone has the capacity for personal growth and deserves a quality of life that is enriching and fulfilling. We presume competence in every individual we work with and get to learn their preferred means of communication, so that we may help them to grow and support them achieve their goals.

Music therapy is an evidence-based practice that utilizes music and its effect on the mind and body to promote growth and positive change. Research has shown the profound effect that music has on the brain. Using this knowledge, our team of board-certified music therapists engage clients in a variety of motivating music and creative arts experiences that supports each individual's developmental, social, and mental health goals.

MUSIC THERAPY SERVICE DESCRIPTION

Summary of Service Delivery:

- Intake, Assessment, Service Plan Process
 - 30 minute INTAKE interview with caregiver and/or client receiving services
 - 1-3 ASSESSMENT sessions taking place during the client's scheduled appointment time (music therapist engages client in several music interventions and develops rapport with client, while determining what music, instruments, creative arts activities will be most beneficial to the client). Please note, assessment is a way for the therapist to get to know the client and where their strengths and areas of need are. It is a time to assess what different music and creative arts strategies may be most beneficial in helping the client achieve their goals. We are not assessing to diagnose the client as this would fall outside our scope of practice as music therapists.
 - 30 minute SERVICE PLAN meeting (music therapist presents a written summary of assessment and suggested goals to work on)
- Ongoing music therapy sessions (length and number of sessions is determined by music therapist and client)
- Review of goals, progress, and service plan every 6-months (unless requested sooner by client)
- Re-assessment of client if deemed necessary during 6-month service plan review
- Termination of services (if necessary or client chooses to terminate)

Weekly Session

- Client goals are addressed during weekly music therapy sessions. These sessions may include a variety of interventions such as:
 - Singing and vocal improvisation
 - Playing instruments (drumming, ukulele, guitar, piano etc.)
 - Song-writing
 - Lyric-analysis
 - Music and Movement
 - Guided Imagery
 - Music and visual art interventions

- This is not a complete list of interventions used and not all clients will engage in each intervention type. Interventions are chosen, based on the goals of individual clients.
- NO EXPERIENCE or previous musical skills are necessary to successfully participate in and benefit from music therapy services. All interventions are adapted and presented in a way that clients can comfortably and successfully participate.
- The music therapist will use the last 5 minutes of the session to write weekly progress notes or discuss the session with caregivers/clients.

Six-Month Review Meeting:

- Every 6 months the client service plan and goals will be reviewed, and modified if necessary, by the music therapist and client (or parent/guardian).
- For individuals, a meeting will take place during the client’s regularly scheduled weekly session and will be billed as such, unless a separate meeting time is requested by the client (or parent/guardian). For dyads and small groups, the 6-month review report will be emailed to the client/caregiver and a separate meeting can be requested to discuss client progress.
- The music therapist often gives feedback during or after the weekly session. However, the client may request an additional formal meeting to discuss their progress or service plan at any time outside of the 6-month review for an additional fee.

Termination of Services:

- The client has the right to terminate music therapy services at any time and for any reason. However, it is strongly suggested that termination of services be discussed in advance with the music therapist, allowing the music therapist to share professional observations and recommendations regarding services for the client.
- In some instances, the music therapist may recommend that services be terminated. This recommendation will be documented and discussed with the client (or parent/guardian), however, the final decision to terminate services will be made by the client (or parent/guardian).
- Please note, that clients in dyads and small groups commit to 4-weeks of service at a time and will not be issued refunds if a client chooses to end services prior to the end of each 4-week cycle.

**MUSIC THERAPY SERVICE RATES
(provided virtually or in-person)**

Intake/Registration Fee for new clients: \$50 (includes 30-minute parent/caregiver intake prior start of services and assessment/treatment plan meeting)

Session Length	Private (1 person)	Dyad (2 people)	Small Group (3-4 people)
30-Minutes	\$55 per weekly session	\$130/person for 4-week session	\$100/person for 4-week session
45-minutes	\$82.50 per weekly session	\$195/person for 4-week session	\$150/person for 4-week session
60-minutes	\$110 per weekly session	\$260/person for 4-week session	\$200/person for 4-week session

Travel Fee and Time Minimum: Sessions held outside our center in Rockland, MA will be \$130/hour with a 60-minute minimum per visit. There may be a \$15 travel fee for clients greater than 20 miles away from our center.

CANCELLATION POLICY

Private Sessions

- The client will contact the music therapist directly if a session will be missed. The music therapist will give the client his/her contact information at the first session. In-Person clients may opt for a virtual session if they are unable to meet in person for any reason.

- Should a client miss their appointment with no notice (“no-show”), they will be charged the full amount of the session.
- We ask for 24-hours notice to cancel appointments. Clients will not be billed for the 1st session missed with less than 24-hours notice. They will be billed 50% of the session rate for any subsequent missed appointments within the same 3-month period.
- If a client misses 3 appointments in a 3-month period, we reserve the right to release their timeslot to other potential clients. If the reserved weekly timeslot no longer works for the client’s schedule, they may request to change the day/time.
- The music therapist reserves the right to cancel a session for any reason. When possible, a make-up session will be offered. Unless it is made up, no charges will be assessed if the music therapist must cancel a session.

Dyads and Small Groups:

- Refunds will not be given for missed sessions for DYADS and SMALL GROUPS, except for in the unlikely event that SEC cancels.
- If SEC needs to cancel due to severe weather, therapist absence, or other reason we will do our best to offer a make up session prior to offering a refund.
- Virtual sessions will be offered if state guidelines mandate we move to a remote model or if illness prevents students from being present in the session. Please note, we are able to let a client participate virtually when necessary, while others are participating in-person at the center.

TARDINESS

- Clients are expected to arrive at their music therapy session on time. Clients arriving up to 15 minutes late may have the remainder of their scheduled session. However, the music therapist reserves the right to not add missed time to the end of the session.
- Music therapists are expected to arrive at the client’s music therapy session on time. In the unlikely event that the therapist is running late for any reason, they will call the client and add the time on to the end of their session.

PAYMENT

- Intake/Registration Fee are due at or prior to your first session. You will receive an invoice once your intake has been scheduled.
- Services will be billed monthly after they have occurred and will include fees incurred for missed sessions based on our cancellation policy outlined above. Invoices are emailed the first week of the month for the previous month’s services.
- Your emailed invoice includes a link to make payment via credit card or ACH. You may also choose to pay with cash or check (can be dropped in the brown lockbox in the center in an envelope with the student’s name or mailed to: Sing Explore Create, LLC 28 Webster St. Rockland, MA 02370).
- Payments are due within 30 days.
- If an invoice is more than 45 days past due, services will be suspended until payment is received. Sing Explore Create, LLC reserves the right to release the client’s timeslot to other potential clients if services are suspended due to late payment.