



music as therapy
international

Supervision through *Music as Therapy International*

About supervision: Supervision is a reliable source for someone using music in their work with people in vulnerable situations to turn to for additional support. Supervision can be useful when you need reassurance that your use of music is safe and effective, but also when you are experiencing difficulties during music sessions. It is always comforting to hear someone say how well a situation was handled, but it is particularly helpful to have someone to turn to when things are not going so well. It can be an opportunity for a conversation/discussion, a source of new activity ideas or strategies you can use, a chance to review video of your work or to ask specific questions about what you are doing or the responses you are seeing in your beneficiaries. For someone to make the most of supervision, there needs to be considerable trust between the supervisee and the supervisor. For this reason, supervision is usually offered regularly and is kept confidential.

Who can request supervision: Supervision with a music therapist arranged by *Music as Therapy International* is an opportunity available to all our Partners worldwide. Our Partners are individuals who have accessed introductory training from *Music as Therapy International* or training from a Local Trainer who has been awarded 'Recommended Trainer' status by *Music as Therapy International*. Individuals who have been taught music skills from a colleague who is themselves trained by *Music as Therapy International* are also allowed to request supervision.

This opportunity is available to individuals who are currently running music sessions and individuals who are about to start (or re-start) using music in their work.

How supervision will be provided: Where possible *Music as Therapy International* would be happy to arrange in-person supervision. However, if the music therapist who will provide supervision is not living in the same area as the supervisee remote supervision will be arranged. Remote supervision can either happen via an email exchange or using video-call software (e.g. Zoom, WhatsApp, Google Meet, etc.).

Supervision may be a single visit, email exchange or call, or you may request up to 3 sessions in any one application.

What language is needed for supervision: Supervision can be provided in any language; you do not have to speak English. Although many of our Partners write and speak incredible English, we know it takes great effort and a lack of confidence or specific vocabulary can affect how clearly details of music sessions can be described. So if you speak a different language to the music therapist, supervision will be offered in your first language.

For supervision provided via an email exchange this means you can write in your own language, and we will translate what you write into the language of the music therapist and translate his/her response back into your language before sharing it with you. For supervision provided remotely using a video-call software, we can arrange a translator to join the call so you may speak in your first language. If you prefer to provide your own translator that would be absolutely fine.

Cost of supervision: Supervision from *Music as Therapy International* is free of charge; however, if you are able to make a donation to the charity to contribute to our costs and help the charity to offer supervision opportunities to more people, we would be grateful. [A donation can be made through *Music as Therapy International's* website](#) but this is entirely optional.

How to request supervision: If you would like supervision through *Music as Therapy International*, please complete the supervision request form with as much information and as accurately as possible. The form to complete is available below in:

- [English](#)
- [Romanian](#)

If you would like the form in another language, please contact [Makeda](#).

What happens next: *Music as Therapy International* will confirm they have received your request and identify a music therapist with the right experience to support you. We will then email you to identify your availability and work together with you and the music therapist to schedule your supervision session(s). Before the scheduled date we will provide information on the music therapist who will be providing supervision, instructions for joining a call or starting the email exchange, and guidance on ways you can share video of your work (if you would like to do so).