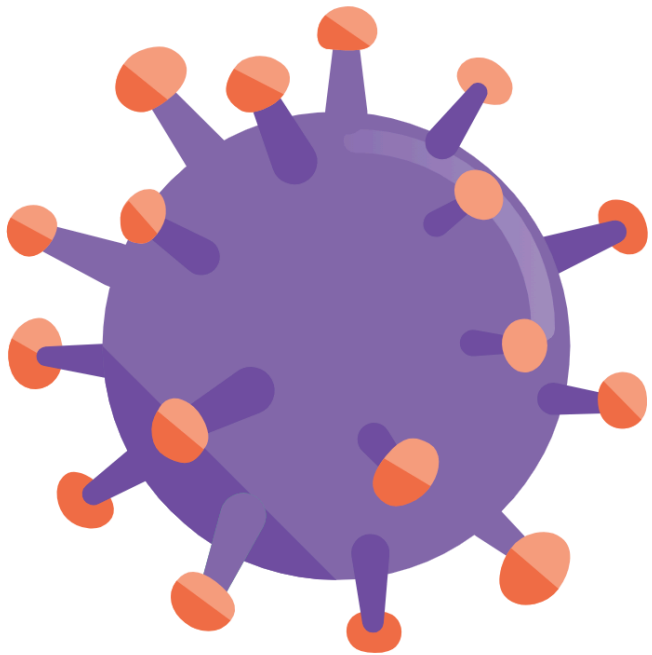


colors of US



IN THIS TOGETHER...

We live in a unique and unusual time where safety, health, and mental well-being take priority. While service delivery models and clinical practices in music therapy changed over the last year, the positive impact of music on humans is what we all counted on.

In this section, authors of the 2020 colors of us series give a brief update of their country's journey through COVID-19.

Learn what colleagues from 36 countries have to say about

1. how ECMT services changed in their country,
2. what their positive take-aways are, and
3. which changes they think will remain post COVID-19.

Common themes worldwide seem to be stronger relationships with families, increased access to services, and that telepractice is here to stay. What are your responses and predictions?

Argentina

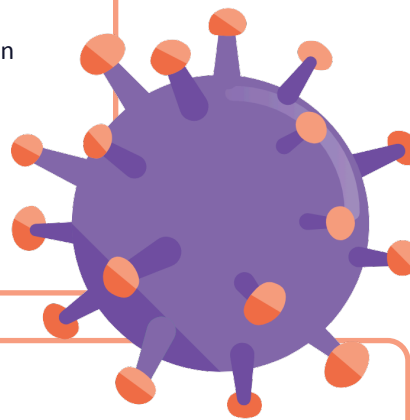
Although it was a very difficult year to establish new family bonds, early childhood music therapy became more family-centered, which enhanced the services that were already in place.

The two major takeaways are: 1) the possibility to serve families of children with developmental challenges who live in other cities through telepractice, and 2) the opportunity to facilitate interdisciplinary exchange with other professionals, supervision, and training through online platforms, which cuts down travel time.

Telepractice will co-exist with in-person early intervention services, and universities will need to train their students in applying effective telepractice strategies and resources to best serve their future clients.

Gabriel Federico

Contact: contacto@gabrielfederico.com



Australia

Music therapists throughout Australia, particularly those in the state of Victoria, have had to adapt in response to government restrictions and learn how to provide effective services via telepractice.

Although many families experienced increased anxiety and uncertainty during the various stages of lockdown, music therapy sessions via telepractice effectively provided children with a creative and enjoyable context to meaningfully engage with their siblings and parents.

Widespread need for telepractice services has promoted greater flexibility within music therapy practice and, as a result, enabled more clinicians to readily offer sessions via video conferencing programs to support families and children with special needs who are located in the regional and rural areas of Australia.

Josh Birch

Contact: josh.Birch@each.com.au

1. HOW HAVE ECMT SERVICES CHANGED IN YOUR COUNTRY?
2. WHAT ARE POSITIVE TAKE-AWAYS?
3. WHAT CHANGES WILL REMAIN AFTER COVID-19?

1. HOW HAVE ECMT SERVICES CHANGED IN YOUR COUNTRY?

2. WHAT ARE POSITIVE TAKE-AWAYS?

3. WHAT CHANGES WILL REMAIN AFTER COVID-19?



Austria

Like in so many other countries, the pandemic in Austria has increased the development of technological skills of music therapists, therefore much more was possible than anticipated.

During the course of the pandemic, it became apparent in many institutions that music therapy was considered one of the system-relevant professions in the Austrian healthcare system.

The possibility of using an online platform will be helpful to maintain contact with families and offer parental education during convenient times, as well as to offer therapeutic services if in-person sessions are not possible (e.g., due to illness, lack of access, or travel time).

Eva Phan Quoc with Hannah Riedl and Thomas Stegemann
Contact: phan-quoc@mdw.ac.at

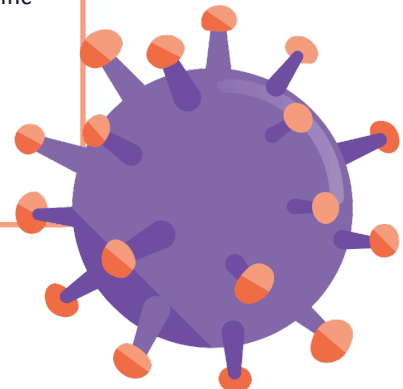
Bulgaria

Music therapists engaged in creating short prerecorded videos of various music therapy activities, crafting homemade instruments, and recording CDs of songs that can be applied in sessions with children at home.

Stepping out of the comfort zone and searching for new creative ways to connect with young clients is a positive development for music therapists working in early childhood.

The search for new ways of working online with children will stay, while the development of music targeting their specific goals.

Rositza Nikolova with Teodossi Tzingilev
Contact: rosivasnik@abv.bg



Canada

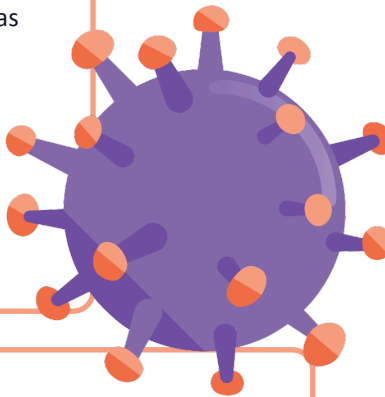
The following changes were implemented in our practice: a) a blend of online and in-person sessions; b) utilization of tools such as PowerPoint and apps during sessions; c) reduction of session length during online sessions to increase success; d) parent education on how to support their child during sessions; e) incorporation of props from home; and f) offering prerecorded mini classes for access during the week.

Positive takeaways include: a) success of outdoor nature-based sessions, as they were often preferred by early childhood clients; b) increased engagement and receptivity during online sessions; c) client's excitement of parental participation during online sessions; and d) parental enjoyment of being more hands-on during sessions.

Changes that will continue to be implemented include: a) online sessions in addition to in-person sessions; b) outdoor sessions as well as indoor home and studio sessions; and c) supplemental prerecorded music classes, to be accessed throughout the week.

Esther Thane

Contact: esther.thane@mundopato.com



China

Group sessions involving children with special needs were reduced in numbers or completely suspended during the COVID-19 pandemic.

Music therapists found a new sense of flexibility, focusing on the present and making adjustments as the situation evolves, as well as highlighting the need for self-care.

Personal protection equipment and infection protocols will remain in music therapy sessions, especially with young children with special needs.

Huayu Li

Contact: lhy_crrc@163.com

1. HOW HAVE ECMT SERVICES CHANGED IN YOUR COUNTRY?
2. WHAT ARE POSITIVE TAKE-AWAYS?
3. WHAT CHANGES WILL REMAIN AFTER COVID-19?



1. HOW HAVE ECMT SERVICES CHANGED IN YOUR COUNTRY?

2. WHAT ARE POSITIVE TAKE-AWAYS?

3. WHAT CHANGES WILL REMAIN AFTER COVID-19?



Columbia

There has been a rise in virtual sessions as a viable, but sometimes complicated, way of continuing to provide ECMT services.

Early childhood music therapists have found new ways of engaging with clients and the community, improving access to their services.

Virtual sessions will continue to be a vital part of ECMT service portfolios.

Mark Ettenberger

Contact: mark.ettenberger@gmx.at

Costa Rica

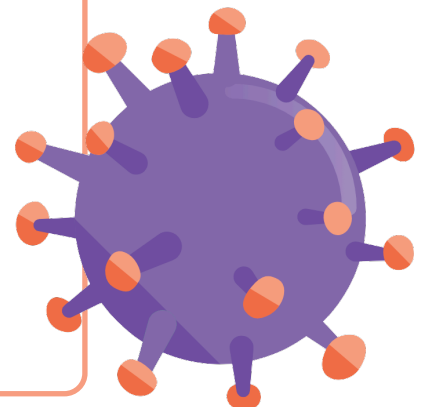
Without a doubt, music therapy interventions took an unexpected turn requiring three major adjustments: a) providing virtual Zoom sessions with low quality sound for over six months; b) establishing new modalities for social and musical interactions, especially with children with neurodevelopmental disorders; and c) overcoming the lack of availability of instruments in the home.

Strengthening capacity and creativity as a music therapist leading to new meaning of songs, the development of musical games, and the use of voice alongside unexpected closeness with parents and increased institutional communication were some of the great advantages resulting from this crisis.

The use of technology as the predominant means of communication with parents, observing family dynamics, and validating different means of learning will hopefully continue in daily life and professional interactions.

Max Terán

Contact: max@interapiacr.com



Croatia

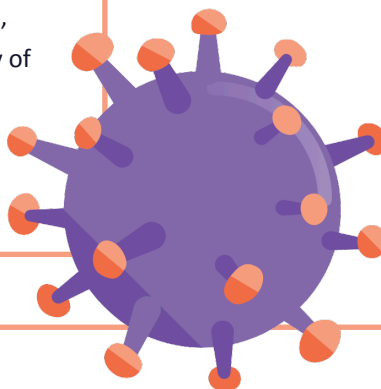
Music therapists mostly worked with children in-person and from the same group, but with face masks, frequent handwashing with a special soap, good ventilation systems, and an agreement with parents/caregivers to follow prevention protocols.

Besides working with children, a new emphasis is on working with parents/caregivers and presenting music therapy strategies in a simple and useful way to them.

In the post COVID-19 period, it will be very important to apply all new techniques and possibilities of virtual communication with children and their parents/caregivers whenever needed (e.g., illnesses) and preserve the information flow and accessibility of services.

Ksenija Buric

Contact: ksenijaburic6@gmail.com



Ecuador

While there was a decrease in the demand for early childhood services during the first four months of the pandemic, most medical and therapy services for early childhood resumed virtually or, when necessary, with individual consultation inside the children's homes; music therapy services were not provided.

The major take-away is the strengthening of bonds between healthcare professionals and families as well as between parents and children, with parents forced to get more involved not only in their children's education, but also in their health and development.

The pandemic emphasized the importance and value of parent-mediated interventions for their child's development, parents' ability to educate themselves to support their children in the best possible way, and the stronger bond between professionals and families that hopefully will continue after COVID-19.

Liz Rios

Contact: info@musijuegos.com



1. HOW HAVE ECMT SERVICES CHANGED IN YOUR COUNTRY?
2. WHAT ARE POSITIVE TAKE-AWAYS?
3. WHAT CHANGES WILL REMAIN AFTER COVID-19?

1. HOW HAVE ECMT SERVICES CHANGED IN YOUR COUNTRY?

2. WHAT ARE POSITIVE TAKE-AWAYS?

3. WHAT CHANGES WILL REMAIN AFTER COVID-19?



Finland

Telepractice has become part of everyday life, as have social distancing and wearing masks, which have changed the nature of social interactions with each other.

Music therapists have discovered new ways to interact with children and their parents, and in some cases have gotten to know the families, and even pets, better due to streaming into their homes.

Telepractice sessions will definitely continue to be an option in the future, especially if children are sick or there is a bad weather condition.

Kirsi Tuomi

Contact: luovat.tuulet@gmail.com

Germany

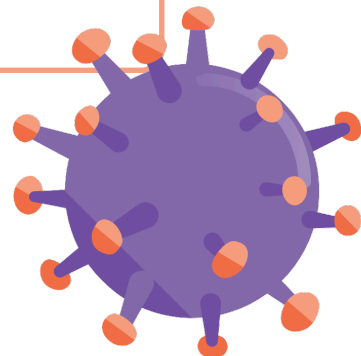
Due to Germany's federal structure, the regulations vary greatly depending on the region and institution so that no general comment can be made.

There is an immense increase in knowledge in the field of telepractice among music therapists from which we will continue to benefit in the future.

As we probably have to learn to live with COVID-19 and other pandemics, we will have to work with the increased hygiene standards.

Josephine Geipel

Contact: josephine.Geipel@srh.de



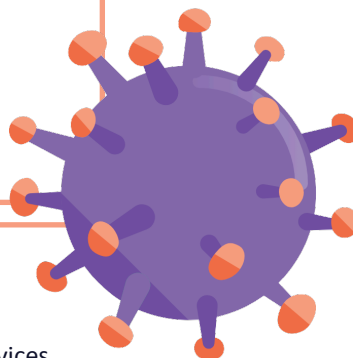
Greece

There was a wide spectrum, ranging from no change at all to online music therapy and sometimes the temporary pause of a service.

Music therapists demonstrated creativity in adapting their services and discovered new or previously unfamiliar ways of providing services.

Online music therapy is here to stay, for sure!

Christina Kalliodi
Contact: christina.kalliodi@nxw.gr



Iceland

Early childhood music therapy services have not changed in Iceland, but were temporarily suspended during the COVID-19 pandemic.

Music therapists gained new knowledge of telepractice technologies, providing greater accessibility and positive outcomes that were better than anticipated.

The use of new technology will remain, along with the knowledge that one should never dismiss possibilities without trying.

Valgerður Jónsdóttir
Contact: tonsvj@mmedia.is



India

Telepractice has emerged as a dependable online modality of early childhood music therapy interventions involving both parents and children.

Music can be increasingly and more effectively used in therapy for children's learning, and virtual sessions provide an opportunity to educate parents about early childhood development.

One change that will remain is conducting tele-interventions in everyday environments to provide quicker generalization of positive early childhood behaviors.

Jenita Caren and Sumathy Sundar
Contact: jenitacaren@gmail.com



1. HOW HAVE ECMT SERVICES CHANGED IN YOUR COUNTRY?
2. WHAT ARE POSITIVE TAKE-AWAYS?
3. WHAT CHANGES WILL REMAIN AFTER COVID-19?

1. HOW HAVE ECMT SERVICES CHANGED IN YOUR COUNTRY?

2. WHAT ARE POSITIVE TAKE-AWAYS?

3. WHAT CHANGES WILL REMAIN AFTER COVID-19?



Indonesia

Music therapists have had the chance to explore ways of doing telepractice more frequently when possible.

Parents and other family members were more involved in the sessions, and more clients could be reached in remote areas.

While exploring ways of making telepractice a better experience in Indonesia, virtual services could become more beneficial and efficient for some families.

Kezia Putri

Contact: kezia.putri@uph.edu

Ireland

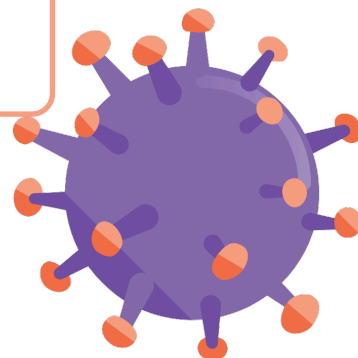
Music therapy is considered an essential service in Ireland during current COVID-19 restrictions, but some services have suspended face-to-face interventions entirely.

Being granted status as an essential service is likely to aid in achieving recognition and regulation from the Irish health and education systems in times to come.

The degree of standard face-to-face work post COVID-19 will depend on the effectiveness of the vaccination process, but it can be expected that the role of music therapy in providing support and innovation in telepractice will be acknowledged.

Jason Noon

Contact: jason.Noone@ul.ie



Israel

During the first lockdown, all music therapy services took place online, and around May 2020, in-person services were in place again.

The expansion of music therapy services to virtual and outdoor sessions, as well as the increased focus on family-centered practice are positive outcomes.

Some online services such as parent counseling will most likely continue.

Cochavit Elefant and Maayan Salomon Gimmon
Contact: celefant@univ.haifa.ac.il



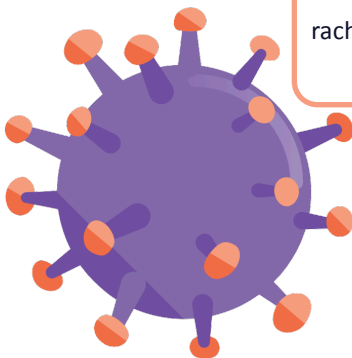
Italy

Over the last year music therapists have exercised their creativity in finding ways to continue serving their clients despite a lack of funding and equipment and strict regulations to follow.

The pandemic has made people more aware of the importance of communication and the role of interpersonal relationships at the heart of the music therapy profession, while gaining recognition of the profession's value.

The effects of COVID-19 will be felt for years to come in music therapy practice, research, and education in terms of reflecting on the impact of in-person and virtual relationships leading to re-examination of previously held beliefs about the hows and whys of their work.

Rachel Sweet with Fernando Suvini
rachel.sweet2@gmail.com



1. HOW HAVE ECMT SERVICES CHANGED IN YOUR COUNTRY?
2. WHAT ARE POSITIVE TAKE-AWAYS?
3. WHAT CHANGES WILL REMAIN AFTER COVID-19?

1. HOW HAVE ECMT SERVICES CHANGED IN YOUR COUNTRY?

2. WHAT ARE POSITIVE TAKE-AWAYS?

3. WHAT CHANGES WILL REMAIN AFTER COVID-19?



Japan

Very few music therapists provided telepractice services before the COVID-19 pandemic. But more and more music therapists, especially in metropolitan areas where the incidence numbers are high, have introduced tele-interventions to those who found it beneficial.

Although many music therapists miss in-person conferences and hands-on trainings, the increasing online professional development opportunities have allowed early childhood music therapists to learn from experts worldwide.

Many music therapists are now familiar with online communication tools, which will strengthen the early childhood network and enable the sharing of intervention ideas.

Kumi Sato

Contact: ksato.mt@gmail.com

Kingdom of Bahrain

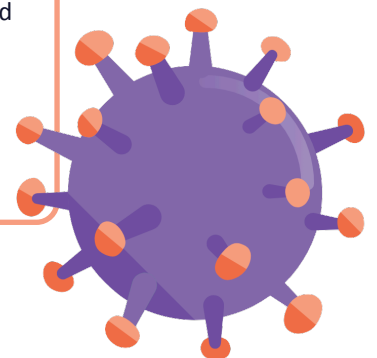
Music therapists had to move online as of March 2020 per government orders, which prevented many children with disabilities and their families from continuing with music therapy services.

Music therapists explored the possibility of virtual sessions with young children and their families.

Music therapists will continue offering sessions in-person and online.

Aksana Kavaliova-Moussi

Contact: moussiaksana@hotmail.com



Kuwait

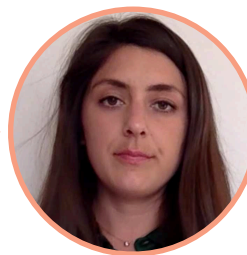
Music therapy services have shifted to a hybrid model as the country has oscillated between open clinics and lockdown periods over the last year.

It has allowed families who are too busy to engage in therapeutic services to access music therapy from the comfort of their own homes.

A blend of in-person and online music therapy service delivery models may continue to support children's development.

Kristal Foster

Contact: kristalfoster.mtbc@gmail.com



Latvia

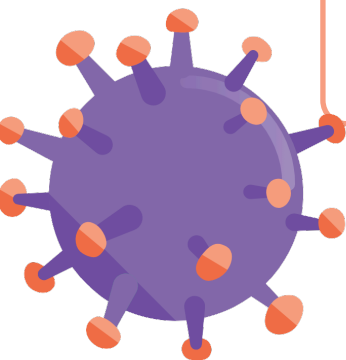
Music therapy services during COVID-19 ranged from no changes, to the use of personal protective equipment, extra disinfection of instruments, and airing of rooms, to in-person individual sessions only, to online sessions, or no services for children with disabilities at all.

Music therapists report that young children spend more quality time with their parents, who are more motivated to bring them to therapy; others shared the benefits of Zoom sessions giving the opportunity to see children in their natural environment, and some said they invested more time in adapting sessions to each particular child and to the current situation.

Increased access to online training and team meetings, as well as online services and stringent disinfection protocols, will remain after the COVID-19 pandemic.

Liga Engele

Contact: liga.engele@gmail.com



1. HOW HAVE ECMT SERVICES CHANGED IN YOUR COUNTRY?
2. WHAT ARE POSITIVE TAKE-AWAYS?
3. WHAT CHANGES WILL REMAIN AFTER COVID-19?

1. HOW HAVE ECMT SERVICES CHANGED IN YOUR COUNTRY?

2. WHAT ARE POSITIVE TAKE-AWAYS?

3. WHAT CHANGES WILL REMAIN AFTER COVID-19?



Malaysia

Many parents and NGOs have found it challenging to transition from in-person interaction to virtual services due to struggles to adapt to online tools.

Parents have become more involved in their children's learning and therapists' communication with parents has become more frequent and improved.

Virtual services have improved outreach and accessibility and are here to stay.

Indra Selvarajah

Contact: indra@upm.edu.my

Mexico

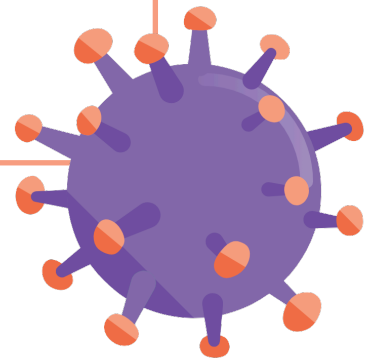
Parents who have access to the internet are mainly involved in early intervention services by implementing pre-recorded videos of music activities in their child's daily routines.

Greater importance has been given to social-emotional development, and stronger bonds with families have been built.

Impact on the future is very uncertain as social inequity has worsened over the last year; not all children can participate in tele-interventions due to the lack of connectivity. Yet, some therapeutic strategies have diversified, leading to more innovative practice.

Patricia Altieri

Contact: patriciaaltieri85@gmail.com



Netherlands

During the pandemic, virtual sessions were of utmost importance to offer support and energy to children, siblings, and parents in their home environment through singing and making music together.

The impact of what active music-making can achieve in the home environment of the children was visible in the energy and smiles during and at the end of each session.

Music therapists now know how to work online and provide music therapy through telepractice whenever it is necessary to keep the music going.

Marijke Groothuis
Contact: m.groothuis@artez.nl



Russia

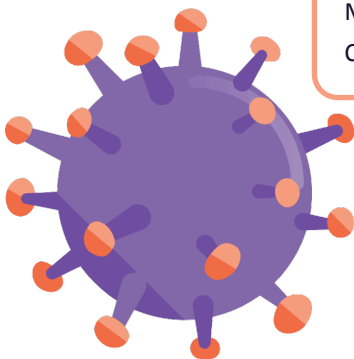
Most of the early childhood centers were closed for a several months (from March 2020 until August-September 2020) and all specialists were forced to adapt their programs to an online format.

Music therapists and parents are not afraid of digital services anymore and have discovered that they can reach families and maintain contact with families who have no access to the rehabilitation centers.

Online professional development in music therapy with worldwide access to experts is booming right now, and virtual services will remain as online and offline rehabilitation programs.

Maria Komarova
Contact: komarova.m.a@gmail.com

1. HOW HAVE ECMT SERVICES CHANGED IN YOUR COUNTRY?
2. WHAT ARE POSITIVE TAKE-AWAYS?
3. WHAT CHANGES WILL REMAIN AFTER COVID-19?



1. HOW HAVE ECMT SERVICES CHANGED IN YOUR COUNTRY?

2. WHAT ARE POSITIVE TAKE-AWAYS?

3. WHAT CHANGES WILL REMAIN AFTER COVID-19?



South Africa

In South Africa, services have changed in regards to instrument usage, limiting the number of instruments for each child during sessions and disallowing sharing them.

The children seem to be more focused and dependent on the therapist's vocal quality and eye contact to read the therapist's facial expressions behind the masks.

Being forced to move online led to including children via Zoom to in-person sessions who otherwise would not have access to music therapy services, something that can continue beyond COVID-19.

Hermi Viljoen

Contact: hviljoenmt@outlook.com

South Korea

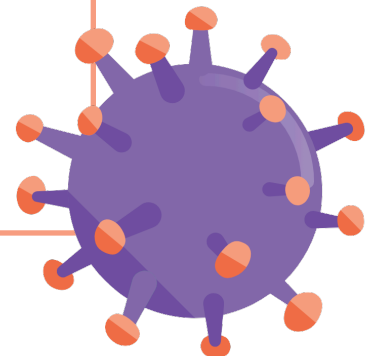
After a short 2-3 week period with no services when outbreak cases were high, most parents with children with special needs have been eager to resume individual in-person music therapy sessions. Yet some parents were apprehensive about attending any early intervention services in person. Group sessions were mainly canceled or downsized to five children per group.

The relationship among the community of therapists, children, and their parents is stronger, all parties are mutually supportive, and everyone agrees on the new norm of wearing masks in the therapy room.

Perhaps, music therapists, other service providers, and consumers will remain cautious of safety issues and a little more conscientious about physical contact during sessions.

Jinah Kim

Contact: jinahk@unimelb.edu.au



Spain

Many early childhood services have moved to online or hybrid modalities.

Telepractice provided the possibility to give access to music therapy services to more children and families around the country.

The opportunity to combine in-person and telepractice will stay.

Melissa Mercadal-Brotons with Mercè Redorta
Contact: brotons@compuserve.com



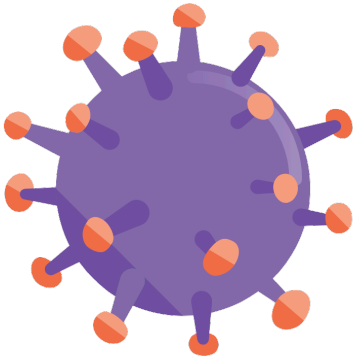
Switzerland

In general, not much has changed except for hygiene standards including wearing masks, washing hands, and disinfecting instruments; some colleagues have offered online and hybrid services.

Families were more burdened and troubled due to the pandemic's restrictions and therefore grateful and more sensitive to music therapy services including live music and in-person encounters.

New ways of virtual and hybrid music therapy services may remain for families who cannot attend in-person services.

Sandra Lutz Hochreutener and Friederike Haslbeck
Contact: sandra.lutz@zhdk.ch



Taiwan

Both the music therapists and the clients have to wear masks during sessions.

We have improved hygiene behaviors in sessions.

We have learned to be more flexible in sessions.

Fu-Nien Hsieh
Contact: funien2000@gmail.com



1. HOW HAVE ECMT SERVICES CHANGED IN YOUR COUNTRY?
2. WHAT ARE POSITIVE TAKE-AWAYS?
3. WHAT CHANGES WILL REMAIN AFTER COVID-19?

1. HOW HAVE ECMT SERVICES CHANGED IN YOUR COUNTRY?

2. WHAT ARE POSITIVE TAKE-AWAYS?

3. WHAT CHANGES WILL REMAIN AFTER COVID-19?



Thailand

In-person music therapy services decreased, while telepractice sessions emerged in the form of live online sessions and short video assignments for parental implementation.

While the change in service delivery elicited fear and anxiety in many music therapists, the positive attitude of “trying is better than doing nothing” propelled the profession forward.

Telepractice will be very popular in the future leading to new innovations, while stringent hygienic and safety protocols will be in place for in-person early childhood music therapy services.

Puchong Chimpiboon

Contact: puchongmsmu@gmail.com

Tunisia

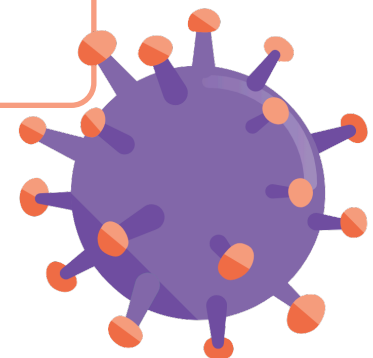
Just before COVID-19, the National Association of Music Therapy (Tunisia) signed an agreement with the Ministry of Health to introduce music therapy in all pediatric, neonatology, child psychiatry, and pediatric oncology services.

What is positive is that we have been able to provide online training in music therapy in Tunisia and elsewhere (i.e., UAE, Algeria) with health professionals and childcare providers.

As the neonatology, pediatrics, and child psychiatry services are inaccessible, we have not been able to work with early childhood in hospitals, but we continued to work in the music therapy center.

Rihab Jebali

Contact: association.musicotherapie@gmail.com



United Kingdom

Music therapists are operating a much more flexible service, with online assessment, many sessions being held virtually, and accepting that there are more breaks in the therapy process.

The flexible way music therapists deliver therapy (i.e., in-person and online) means that we can help more children in different locations who are experiencing higher need – music therapists are resilient and exemplify creativity in action!

Online assessment and therapy sessions will definitely stay, perhaps in a lower quantity.

Rachel Swanick
Contact: rachel@wearechroma.com



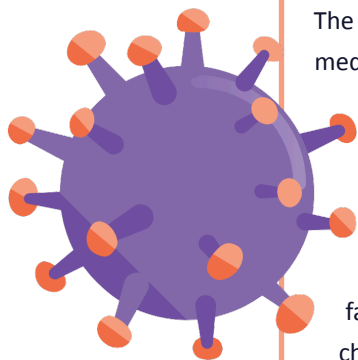
United States of America

In the USA, music therapists instantly adapted their service delivery model to ensure safe and competent practices for young children and their families by offering a 3-tiered model: curating online resources (e.g., playlists), creating original content for clients (e.g., music videos with visual supports), and implementing telepractice (e.g., synchronous individual and group sessions). Later, outdoor services and in-person services with personal protective equipment (PPE) following state-wide infection protocols were added.

The field leaped forward by embracing technology and interactive media as a means of communication, collaboration, and contemporary service delivery in early childhood, emphasizing family-oriented and capacity-building practice in children's natural environments.

Telepractice is here to stay, filling the need for serving families in rural areas and to assure consistency of services for children who are ill or have compromised immune systems or families that are unable to travel and request a more flexible schedule.

Petra Kern
Contact: petrakern@musictherapy.biz



1. HOW HAVE ECMT SERVICES CHANGED IN YOUR COUNTRY?
2. WHAT ARE POSITIVE TAKE-AWAYS?
3. WHAT CHANGES WILL REMAIN AFTER COVID-19?