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## Our Staff

Our music therapists are university trained professionals who are registered with the Australian Music Therapy Association (AMTA) Inc.

They build current knowledge in their field through ongoing professional development, peer education and clinical supervision.

Registered Music Therapists draw on an extensive body of research and are bound by a code of ethics that informs their practice.

Our registered music therapists are experts in the field and have experience in a variety of clinical settings including medical, special education, bereavement, community care, residential aged care homes, long term care, hospice, psychiatry and rehabilitation.

For more information or to arrange a quote for a session or program of therapy to be delivered to your organisation, please contact the Music Therapy Manager at Calvary Bethlehem on (03) 9834 9000.

## Contact details

### Music Therapy

Email: [BET-MusicTherapyStaff@calvarycare.org.au](mailto:BET-MusicTherapyStaff@calvarycare.org.au)

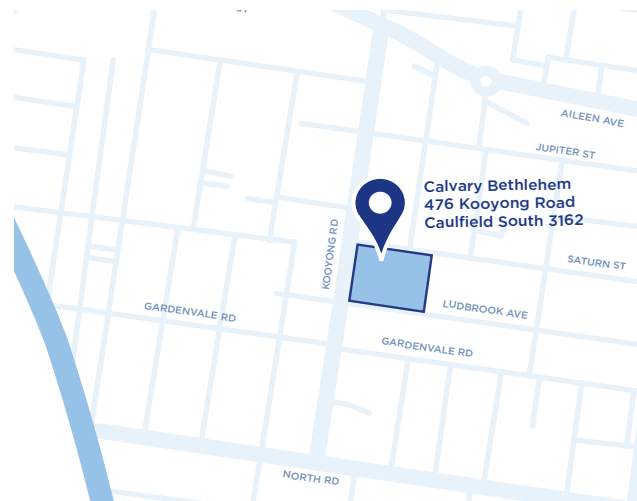
### General

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Bethlehem is a not-for-profit health service and part of the national Catholic health organisation, the Little Company of Mary Health Care.



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# Music Therapy Outreach Program



Continuing the Mission of the Sisters of the Little Company of Mary

# Music Therapy at Calvary Bethlehem

Music Therapy is a research-based practice and profession in which music is intentionally used to actively support people as they strive to improve their health, functioning and wellbeing.

## The Music Therapy Department at Calvary

Bethlehem is one of the longest established departments of its type in Australia, providing specialised clinical programs across aged care, progressive neurological disease, and palliative care.

Calvary is a values based organisation, and our Music Therapy Department has played an integral role in supporting the Hospital's mission which is 'being for others'.

## Music Therapy Outreach Program

Since 1998, Calvary Bethlehem's Music Therapy Department has offered an extensive outreach program providing other agencies with the benefits of our services. The programs are tailored to the specific needs of each participating agency to reflect their philosophy of care and specific client and consumer needs.

The Music Therapy Outreach Program provides successful services to a number of external health care organisations including residential care facilities, hostels, hospitals and community based health programs.



Above: Music Therapists offer palliative care support to those with life limiting illness, grief and loss support, and provide opportunities for meaningful social engagement

Above: Our Music Therapists are able to work together with patients on meaningful songwriting and recording projects

## Why choose us?

We are able to provide direct intervention and support to consumers and their families for psychological, emotional, and other needs.

Our competitive fee structure is inclusive of all costs, including travel time, staff professional development, program development and preparation, supervision, and resources.

We provide annual and sick leave cover ensuring that consumers and organisation's receive consistent and regular services.

Our clinicians are highly skilled and experts in their fields, participating in evidence-based practice and innovative research presented at international and national conferences.

## Music Therapy Outreach Services

Agencies may purchase Music Therapy consultancy, or ongoing services. Ongoing Music therapy can be purchased for a minimum of 12 months for 3 hours to 15 hours per week, and tailored to meet the needs of the organisation and consumers. Services include:

- The provision of prescriptive individual and/ or group Music Therapy sessions using evidence-based methods

- Music Therapy assessments and, evaluation and documentation according to facility and accreditation requirements
- A comprehensive annual evaluation report
- including qualitative and quantitative assessments of the Music Therapy program provided
- The provision and maintenance of music therapy equipment and resources.

## Example programs include

- small groups or individual sessions for reducing agitation, maintaining cognitive skills, and/or improving quality of life
- music assisted relaxation and reminiscence
- sensory stimulation programs
- organisational choirs
- palliative care support for those with life limiting illness
- grief and loss support, and
- provision of opportunities for meaningful social engagement.

## Interventions

- Live and recorded music listening
- Active music making such as singing, instrument play and improvisation
- Music assisted counselling, reminiscence and life review
- Songwriting and recording projects