What’s the Why?
Assessment
Accuracy
Direction
Transferrable
If it’s not written... it didn’t happen

AMTA Standards of Clinical Practice: Documentation
5.0 The Music Therapist will document the client’s referral to music therapy, assessment, placement, treatment plan, and ongoing progress in music therapy in a manner consistent with federal, state, and other regulations and policies.
5.1 The Music Therapist will periodically document the client's level of functioning with regard to the goals and objectives.

Goals: General/Long Term; Needs/Deficits; Direction; Interdisciplinary
CAMELS: Communication, Academic/Cognitive, Motor, Emotional, Leisure, Social

Objectives: Subset of goals; Specific and Short Term; S.M.A.R.T criteria
S = Specific: Skill and Criteria
M = Measurable: Quantifiable; Consider Skill
A = Achievable: Diagnosis and considerations
R = Realistic: Functional
T = Time Limited: Completion date; setting dependent

Objective Example #1
Goal #1: Increase expressive communication skills. Objective #1: A. will imitate animal sounds during song singing given model prompts for 2 of 4 opportunities over 4 of 5 consecutive sessions by 9/4/19.

Objective Example #2
Goal #1: Increase expressive communication skills
Objective #1: J. will vocalize/sing 1-2 word phrases within MIT given model prompts for 4 of 5 opportunities given over 4 of 5 consecutive sessions by 6/14/18.
Write Your Own Goal

Scenario: B. is a 44 year old male who suffered a stroke 2 years ago. Due to his stroke, he has Aphasia and has difficulty with expressive language. He was a former DJ and has comprehensive musical knowledge. At home, he has difficulties with using leisure time effectively. The music therapist thinks that having B. identify musical artists by song listening might be a good way for him to spend his time.

S = Specific: Skill and Criteria

M = Measurable: Quantifiable; Consider Skill

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When You Need to Adapt
Too Difficult or No Progress: Assessment, Observations, Stop Training, Informal Re-Assessment, New Objective

Minimal Progress: Extend completion date; adjust prompt levels (hierarchy); reduced required opportunities

Too Easy/Needs Challenged: complete objective as written, write new objective with adjusted prompt levels, increased required opportunities.

Thinking Outside the Box
Short Term Settings vs. Long Term Settings
Musical Based Objectives
Neurologic Music Therapy: Functional based objectives from the client (if appropriate)

Resources – Journal Articles


**Resources: Websites/Blogs, etc**

http://writing.ku.edu/sites/writing.drupal.ku.edu/files/docs/Writing_Music_Therapy_Sessions.pdf

https://www.thesonatinacenter.com/blog-collection/understanding-music-therapy-goals

https://voices.no/index.php/voices/article/view/1835/1598

http://www.coastmusictherapy.com/what-are-music-therapy-goals/

http://www.coastmusictherapy.com/how-music-helps/goal-areas/

http://www.musictherapyworks.com/goalsandobjectives.html