



World Federation of Music Therapy
Federación Mundial de Musicoterapia

General Guidelines for Music Therapists Working in Crises Intervention Prepared for the World Federation Crises Intervention Commission

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THERAPIST

- Look within and **evaluate your own** concerns and fears regarding the event. Will you be able to see it objectively?
- Work/talk/process with peers before you face the clients. Be alert to your own feelings and energy level at all times.
- Seek supervision and peer support. Be aware of the bias in your own cultural/religious and other beliefs, and sensitive toward the beliefs in those to be supported.

COMMITMENT

- How much of your time will you be able to commit to the project?
- Consider how it will be financed. Do you have support from peers, organizations?
- Be honest with yourself regarding short, medium and long term goals.

WHAT TO OFFER AND WHERE

- Contact local/community authorities in order to identify needs.
- A space and time to gather, connect, and grieve together is essential.
- According to your practice and knowledge/experience: Music/instruments, group improvisation, singing, body movement, and breathing techniques. These can offer a safe and easy way to connect with oneself, with the group, and allow each client to process at their individual pace.
- Sometimes it works to offer open gatherings, on a drop-in basis, at a community center, church, school, etc. Organize smaller groups according to needs
- Identify, if possible, where people are from and contact music therapists and others who can support your work in that area.

OBJECTIVES AND TIME FRAMES

- Be clear about your intervention's scope and adapt it according to the needs of the clients.
- Work with those in charge but be sensitive, empathic, and receptive to the client's needs
- Offer support to First line workers. They take on a very heavy load.
- Offer regular meetings for those helping the victims, having a short-term process may give insight and strength for those on the front line.

Note: **Be sure to document your work for future reference and to share with other music therapists working in the fields of crisis and trauma interventions.**