

# Therapeutic Agreement & Informed Consent for Individual Services

Becoming Through Sound Music Therapy Services

Maevon Gumble, MMT, MT-BC

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## Introduction

I, Maevon Gumble, MMT, MT-BC, am a masters-level clinician and board certified music therapist. This form serves to provide clients and their parent/guardian with further information about entering into the therapeutic process with me. Please read it carefully and be prepared to review it in our initial session, where there will be opportunity to ask questions, share concerns, and gain clarity on any pieces of this process. It is your right to have a complete explanation of any questions, now or in the future. Throughout the therapeutic process, I welcome any questions or concerns that may arise. Although I know this may be uncomfortable at times, openness and honesty will allow me to best support you during this process.

## Ethics

As a board-certified music therapist, I am bound by the Ethical Code and Scope of Practice set forth by the following organizations:

- The American Music Therapy Association (AMTA)
- The Certification Board for Music Therapists (CBMT)

If you wish to view any of these documents, please visit each organization's website or ask me for a copy. They are regularly being updated within each organization, and I will provide you with the most recent version.

## Purpose

I am a white, nonbinary trans, queer and polyamorous, fat, enabled music therapist who strives to provide an affirming therapy space grounded in feminist, resource-oriented, trauma-informed, queer, disability, and liberation theories. My aim through the use of music psychotherapy and gender affirming voicework is to support folx through the use of music to improve their overall health and wellbeing. Specifically, I specialize in two ways of working: 1) mental health-focused music therapy informed by the Internal Family Systems model and 2) gender affirming voicework. Although I've worked with a variety of people, I particularly have a lot of experience in working with those a part of the queer/LGBTQIA+ communities and those navigating the aftermath of trauma. My practices aim to be queer/LGBTQIA+, body, polyamory/consensual nonmonogamy, disabled, and gender affirmative.

**"Music therapy"** is an established health profession where music is used within a therapeutic relationship to support a wide variety of healthcare needs, dependent upon the person. Focused on the overarching goal of improving quality of life and wellbeing, music psychotherapy can involve creating, moving to, listening to, and/or talking about music, such as: songwriting, lyric/song analysis, improvisation, singing and vocalizing, active music-making, music and relaxation-based techniques, use of other forms of creative expression (e.g., poetry, art, etc.). These creative experiences are often processed mutually within the therapeutic space to gain deeper understanding, make meaning, and relate these discoveries to our everyday lives. In the mental health-focused music therapy work that I do with clients, I incorporate the Internal Family Systems model as a framework for understanding people and our experiences. Internal Family Systems (also referred to as IFS or parts work) is about recognizing that we're all made up of a multitude of parts (i.e., states of being, thought patterns, etc.) and that these parts are often in conflict with each other. In IFS, we work to identify your parts and build relationship with them so that we can resolve conflicts, release constraining and painful burdens that we've been carrying, and live a life filled with curiosity, compassion, clarity, calmness, connectedness, courage, confidence, and creativity.

**"Gender affirming voicework"** is a developing music therapy method that focuses on supporting you with accessing and embodying affirming gender expressions through the use of various creative methods, specifically supporting gender on a holistic level. I began developing this music therapy method during my Master of Music Therapy degree and have continued to develop this method while working with clients and engaging in clinical research with colleagues. In addition to ongoing insights gained from engaging in this work, this new and developing method is informed by personal experience and literature from the fields of speech-language pathology, vocal pedagogy, and music therapy. While I feel confident in being able to support the clients that I work with, it is important to note that this is a developing method and thus is still in its stages of development.

***\*\*Please initial below thereby providing your consent to include the following modalities within your individual therapy work\*\****

\_\_\_\_\_ Music psychotherapy

\_\_\_\_\_ Gender affirming voicework

### **Risks & Benefits to Therapy**

Participating in therapy may result in a number of benefits, depending on the type of work that you will be engaging in within therapy and on your specific goals. These might include increased quality of life, decreased symptoms of depression, anxiety, dysphoria, and so on. Specific to those who are engaging in gender affirming voicework, this work may lead to a sense of stronger gender affirmation, positive self-esteem, feeling more connected to your gender and self, increased vocal hygiene and function.

Therapeutic work may also involve some discomfort, including remembering and discussing unpleasant events, feelings, and experiences. Whether you are engaging in music therapy or gender affirming voicework, therapy may evoke strong feelings of sadness, anger, fear, anxiety, etc. During the therapeutic process, many people find that they feel worse before they feel better. This is generally a normal course of events. Personal growth and change may

be easy and swift at times, but may also be slow and frustrating. For those wishing to work with their voice within gender affirming voicework, therapy may also involve challenges as we learn new ways of using your voice and unlearn potentially harmful vocal habits. It is important to note that I am not a voice therapist or speech-language pathologist. I am a board-certified music therapist and only work within my scope of practice, which means that if I might refer you to a speech-language pathologist or an ear/nose/throat specialist if I notice that there might be something going on vocally that requires another professional.

Regardless for which services you engage in, you always have the right to refuse any treatment services or modalities and are encouraged to take an active part in the decision-making process for your treatment. You should discuss with me any concerns you have regarding your progress in therapy. Due to the varying nature and severity of problems and the individuality of each client, I am unable to predict the length of your therapy or to guarantee a specific outcome or result.

Please note that Becoming Through Sound does not provide emergency services. If you are in need of medical attention, you should call 911 or your doctor depending on your needs. If you are having a mental health emergency, please call one of the below resources:

- ReSolve at (888) 796-8226 -- specific to Allegheny County
- National Suicide Prevention Lifeline at (800) 273-8255
- The Trevor Project hotline at (866) 488-7386
- Trans LifeLine at (877) 565-8860

### **Rights & Responsibilities**

Clients and their parent/guardian retain all civil, legal, and human rights and liberties unless otherwise specified through due process of law. You shall not be deprived of any civil right solely by reason of treatment.

Treatment is entirely voluntary, and you have the right to terminate treatment at any time.

I have the right to terminate therapy with you under the following conditions:

1. If I believe that therapy is no longer benefiting you.
2. If you fail to follow recommended treatment repeatedly.
3. If I believe you will be better served by another professional.
4. If you have not paid for the last two sessions, unless special arrangements have been made.
5. When you have failed to show up for your last two therapy sessions without a 24-hour notice.

If for any reasons our services terminate, I will provide you with the names of other qualified professionals.

## Policies

*Cancellation or late arrival:* Since an appointment reserves time specifically for you and your peers, 24-hour notice is required for rescheduling or canceling of an appointment. Cancellations within 24 hours of your session will result in a fee at the cost of your session unless you have a medical note or we are able to reschedule within a week of the missed appointment. Additionally, if you arrive late, we will meet for whatever amount of time remains and you will be charged the full session.

*Clean and Sober Policy:* Therapy can only be effective with a willing and able client. Clients are expected to be sober during our sessions. I assert the right to terminate any session if I believe a client is under the influence of substances that impair their ability to participate in treatment. If a session is terminated due to alcohol and/or substance use, this is considered a no-show and you will be charged a fee equal to your regular session fee.

## Notice of Financial Responsibility

By consenting to engage in therapy services with Maevon Gumble, MMT, MT-BC of Becoming Through Sound, you are officially acknowledging that you are responsible for any agreed upon payments for services. You are expected to pay for services (in full) at the time they are rendered unless other arrangements have been made. Please notify me ahead of time if any problems arise regarding your ability to make payment. I accept major credit cards via a HIPAA-compliant platform (i.e., Square). For all services, you will receive an invoice via email from Square which you will be able to then pay online.

***\*\*For individual services, my fee is \$130 per fifty-minute session; however, I do use a self-pay sliding scale of \$50-130 for those in need of financial assistance. Please select a fee and then initial next to each statement which signals your agreement.\*\****

\_\_\_\_\_ The fee I am able to pay per session will be \$\_\_\_\_\_ for fifty-minute sessions.

\_\_\_\_\_ I agree to complete payment at the end of each session. I understand that if I have three invoices that have not been paid, I will not be able to schedule any additional sessions until these are paid in full.

\_\_\_\_\_ I understand that cancellations within 24 hours of my session will result in a fee at the full cost of my session unless I have a medical note or agree to reschedule within the same calendar week of my original appointment.

## Acknowledgment

By signing below, the client acknowledges that they have reviewed and fully understand the terms and conditions of this Therapeutic Agreement and Informed Consent. The client has discussed such terms and conditions with the therapist and have had any questions with regard to its terms and conditions answered to the client's satisfaction. The client agrees to abide by the terms and conditions of this Agreement and consents to participate in music therapy and/or gender affirming voicework services at Becoming Through Sound. Moreover, the client agrees to hold the therapist free and harmless from any claims, demands, or suits for damages from any injury or complication whatsoever, save negligence, that may result from such treatment.

The client agrees to be legally responsible for any charges said person listed below may incur during music therapy and/or gender affirming voicework services at Becoming Through Sound. By signing this document, I understand that I am financially responsible for payment for all services rendered.

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Client printed name (acceptable if over 14)

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Client signature (acceptable if over 14)

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(Date)

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Parent/Guardian printed name (required if client is under 14)

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Parent/Guardian signature (required if client is under 14)

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(Date)

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Maevon Gumble, MMT, MT-BC

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(Date)