

# **Knoxville Music Therapy**

*Disclosure Statement*

**Alana Dellatan Seaton, MMT, MT-BC**  
***adseaton@knoxvillemusictherapy.com***  
**(865) 951-6477**

## **Services:**

- Individual Therapy
- Group Therapy
- Consultation
- Contract group music therapy
- Presentation/ lectures on music therapy

## **Qualifications:**

- Certified by the Certification Board for Music Therapy (CBMT)
- *Master of Music Therapy, 2002*  
Loyola University New Orleans, New Orleans, LA
- *Bachelor of Musical Arts, Psychology Minor, 1999*  
Pacific Lutheran University, Tacoma, WA

## ***What is Music Therapy<sup>1</sup>?***

- Music Therapy is an established health profession similar to occupational therapy and physical therapy. It consists of using music therapeutically to address physical, emotional, psychological, cognitive, behavioral, and/or social functioning. Because music therapy is a powerful and non-threatening medium, unique outcomes are possible.
- Music therapy enhances the quality of life. It involves relationships between a qualified therapist and a child; between one child and another; between a child and his or her family; and between the music and the participants. These relationships are structured and adapted through the elements of music to create a positive environment and set the occasion for successful growth.

## ***Expertise:***

- My training is primarily in the field of music therapy. I have worked with children with special needs such as autism, ADHD, hearing impairments, and other developmental disabilities, older adults, and adults and children with various mental and emotional health issues such as eating disorders, chemical addictions, sexual trauma, and schizophrenia.
- Specific work and volunteer experiences are explained further in a resume, which can be provided upon request.

---

<sup>1</sup> Taken from "Music therapy and the young child", Fact sheet published by the American Music Therapy Association (AMTA), Inc, January, 2001. Website: [www.musictherapy.org](http://www.musictherapy.org)

## ***Therapy Style & Theory***

- I draw from an eclectic background of music therapy methods & techniques, psychotherapy and developmental theories, and behavior modification techniques. Each person is unique, thus each therapeutic relationship will reflect a person's individual needs and personality.
- Music therapy is the main modality of expressive therapy that I use. However, the mediums of art, movement and dance, and play are also powerful tools that I may incorporate into a music therapy session. If you have any objections to the above additions, please let me know before therapy begins. Also, please know that the above modalities are meant to *enhance* the music therapy session, not replace the role of music.

### ***Who I serve:***

There are few limitations to the types of clientele I serve because music touches everyone in some way and to some extent. Again, music therapy enhances the quality of life, and is based on the trusting relationship between each person and the therapist.

### ***Code of Conduct:***

As a music therapist I am required to follow the AMTA's professional standards of practice and code of ethics. A copy of both can be provided upon request.

The following are guidelines for behavior which I practice with everyone I work with:

- I will not solve your problems, but will work to help you find your own solutions
- I will work to help you make the changes that you choose, and help you or your children develop the skills you wish to master.
- I will treat you (or your child) with respect and consideration.
- I will regularly review your progress.

### ***In case of emergency:***

- If you experience an emergency and are in need of my services, or need to contact me for cancellations, please call (865) 951-6477. However, out of respect for my clients, I do not answer calls during sessions. Please leave a detailed message, and I will return your call as soon as I am able.

### ***Confidentiality***

- Personal information and session content will be kept confidential with the following exceptions:
  1. Purposes of consultation and documentation with other staff or treatment team members;
  2. Situations where child abuse or abuse of the elderly is suspected;
  3. Circumstances involving a threat to life for yourself or others;
  4. You (the client, parent/guardian) provide a written statement authorizing release of session material, and
  5. Confidentiality rules may require violation if I am served a court order or subpoena for release of records.

### ***Client Responsibilities:***

- In addition to the fee and cancellation policies, I ask that you notify me of other professional health care services that you (or your child) are receiving. Please list this information on the form included in this packet. Communication with other members of your (or your child's) treatment team is important.
- Also, please note on the same form any medications that you (or your child) are using. It is helpful for me to be aware of side effects or reactions that may affect music therapy sessions.
- If you or your child are currently under the care of another professional counselor, therapist, psychotherapist, psychiatrist, or other primary therapist, by signing this contract you agree to allow contact between myself and your (or your child's) primary therapist before and during the course of music therapy.

### ***Potential Risks of Therapy:***

- As with other forms of therapy, music therapy sessions may not be without discomfort and emotional intensity. During the course of therapy there may be additional issues that surface which may not have been anticipated. If and when such cases arise, I will continue to facilitate your treatment and growth. The process of therapy is ongoing, and should continually assess and reevaluate goals, issues, and challenges of the client, therapist, and therapeutic relationship.