



Musical Hydrotherapy Training Programme

Liquid Vibrations provides training to practitioners, teachers, staff, carers and parents to enable organisations to facilitate Musical Hydrotherapy themselves and integrate it successfully into their curriculum or rehabilitation programmes.

The training ensures that the therapy delivered is of a quality and standard that encourages the ongoing development and welfare of therapy participants. It also provides a unique professional and personal development opportunity which fosters relationships between facilitators and beneficiaries

The benefits of Music Hydrotherapy include:

- Increased motor and sensory skills
- Improved communication
- Increased appreciation to sound and music
- Increased attention in the classroom
- A deeper state of relaxation



Training Programme Overview

- Delivered over six 4-hour sessions by a trained aquatic body therapy practitioner and sound/audio specialist.
- Up to 21 participants per programme – 10 trainees at the pool, 10 recipients and music teacher (this number depends on pool size).
- Covers techniques in supporting people in water taken from Watsu and Craniosacral therapy and consultation on floatation aids that best serve the purpose.
- Includes installation of a specialist underwater sound system and training to operate and troubleshoot the equipment.
- Reviewing of participant progress.
- Consultation sessions with the music therapy teachers on ways to create and integrate classroom work with pool work and expand the role of music work in the school.
- Provides opportunities to connect and share best practice with other Liquid Vibrations partner organisations and the wider Musical Hydrotherapy community
- Can be flexibly delivered to suit curriculum/organizational needs and opportunities

Programme Outcomes

- Between 8 - 10 trained staff members with certificates for Musical Hydrotherapy practice
- At least ten students benefitting from Musical Hydrotherapy during the training
- A suggested protocol for the school and guidance to music staff and teaching staff on how to deliver musical hydrotherapy sessions based on needs
- High quality underwater speaker system imported in wholesale price, installed and operational
- Provision of hours of music to play underwater, continuous support and sharing of practice

Free Membership scheme

You will be eligible for free Liquid Vibrations lifetime membership to be reviewed annually.

Membership benefits are:

- Access to support from LV aquatic bodywork specialist and links to purchase the flotation aides they use.
- Access to support from LV Music Interaction specialist
- Access to support from LV Sound Tech specialist
- An annual equipment maintenance visit.
- One free in-person annual refresher session of 4 hours for up to 8 people from our aquatic bodywork team.
- Invitations to networking events and open days
- LV merchandise pack for trained instructors containing branded T-shirts, a placard and brochures.
- Permission to use the Liquid Vibrations accredited user on your website and publicity.
- Listing your logo on the Liquid Vibrations website as accredited user.

To hear from previous programme participants please visit:

<https://www.liquidvibrations.org.uk/testimonials>

Programme Schedule

Introductory Meeting

30min

Meeting room/Online

- Meeting held with senior project lead, key teachers/staff, and Liquid Vibrations representatives
- Review and share methods of assessing participant progress
- Agree how information will be captured and shared

Day 1

4hrs

Hydrotherapy pool

Participants: 10 school staff members. LV aquatic bodywork practitioner.

Content: Training staff members in MH supporting techniques.

Day 2	4hrs	Hydrotherapy pool
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Participants:

10 school staff members.
School music teacher/s.
LV aquatic bodywork practitioner.
LV sound practitioner.
School IT manager.

Content:

- Staff work in pairs in the pool on MH techniques to underwater music.
- Music teachers join the session as recipients.
- IT manager understands the setup of the underwater sound system and we discuss the permanent installation on site.

Day 3	morning	Hydrotherapy pool
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Participants:

10 school staff members.
Schoolchildren
School music teacher/s.
LV aquatic bodywork practitioner.
LV sound practitioner.
LV music teacher.

Content:

- Four staff members support four students for 30min-45min at a time to underwater music. Changeover to the other four staff members and more students as many times as can happen in the duration.
- LV music teacher and school music teacher meet to learn about ways in which the music sessions can be integrated with the MH practice.

Day 4	morning	Hydrotherapy pool
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Participants:

10 school staff members.
Schoolchildren.
LV aquatic bodywork practitioner.
LV sound practitioner.

Content:

- Four staff members support four students for 30min-45min at a time to underwater music. Changeover to the other four staff members and more students as many times as can happen in the duration.

Day 5	morning	Hydrotherapy pool
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Participants:

10 school staff members.
Schoolchildren.
LV aquatic bodywork practitioner.

LV sound practitioner.
Swim staff.

Content:

- Four staff members support four students for 30min-45min at a time to underwater music. Changeover to the other four staff members and more students as many times as can happen in the duration.
- Swim staff understand how to operate and maintain the sound equipment.

Day 6 **morning** **Hydrotherapy pool**

Participants:

10 school staff members.

Schoolchildren.

School music teacher/s.

LV aquatic bodywork practitioner.

LV sound practitioner.

LV music teacher.

Content: Refresher session.

- LV staff respond to challenges encountered by school staff in the first few weeks of assimilating MH at the school.
- Final evaluation meeting to be held with project lead and trained staff, reviewing progress of participants, and evidence collated.
- Reviewing school/organisation implementation strategy for Musical Hydrotherapy.

Cost

The cost breaks down to £135 per course participant per session.

The training would take 6 mornings for 10 staff members plus a morning and two 90min meetings for the music teacher.

The equipment and its installation costs come to £2400.

The total for all training, equipment and all of the above comes to £8540

Payment schedule can be negotiated on a case basis.

For more information

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