



## 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 OVERVIEW

- Delivered over six 4-hour sessions by a trained aquatic body therapy trainer and sound/audio specialist.
- Up to 16 participants per programme – 8 trainees and 8 therapy beneficiaries
- Covers techniques in supporting people in water taken from Watsu and Craniosacral therapy, and consultation for creation and integration of music
- Includes installation of a specialist underwater sound system and equipment training
- Includes two consultation sessions (beginning and end of training) to identify, share and review participant progress
- 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

To hear from previous programme participants please visit:  
<https://www.liquidvibrations.org.uk/testimonials>



## PROGRAMME SCHEDULE

### INTRODUCTORY SESSION

**1.5 hours**

- 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

### TRAINING DAY 1 + DAY 2

**3 - 4 hours per day**

- 8 trainees in the pool with Liquid Vibrations aquatic bodywork practitioner and underwater sound specialist.
- Reviewing sound setup and training for school/organisation technician.

### TRAINING DAY 3, 4, 5

**4 hours per day**

- Every trainee supports at least one therapy participant in the water for the duration of a 30min-45min session:
  1. Working closely with each participant ensuring they adapt their technique accordingly
  2. Customising their approach to the individual's reaction to the experience
  3. Completing feedback forms daily on every participant's progress
  4. Developing suggestions and strategies for interaction and cross-curricula activities between hydrotherapists, physiotherapists and music and teaching specialists across the school/organisation
- Underwater sound equipment is installed at the pool and training technical staff and pool staff in its operation.
- Staff suggestions are incorporated into the underwater sound playback.

### TRAINING DAY 6 (THREE MONTHS LATER)

**4 hours**

A refresher session following three months of independent pool practice by the trained staff with beneficiaries. The participants are invited to consult the aquatic bodywork trainer regarding anything they wish to improve on their practice

### EVAUATION SESSION

**1.5 hours**

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.



## DELIVERY OUTCOMES

- Eight trained staff members with certificates for Musical Hydrotherapy practice
- At least eight students benefitting from Musical Hydrotherapy during the training.
- A suggested protocol for the organisation on how to deliver musical hydrotherapy sessions based on needs
- Underwater speaker system installed and operational.
- Provision of hours of music to play underwater, continuous support and sharing of practice.

## COST

£7720 per programme, includes six days training for up to 8 staff and 8 participants; all equipment and relevant training for operation; programme evaluation and review.

### **Payment schedule:**

£3860 to be paid a minimum 30 days in advance commencement date. (This is to purchase equipment and book training facilitators)

£3860 to be paid following Day 5 of training

## FOR MORE INFORMATION

**Contact:** Karen Mangan [karen@liquidvibrations.org.uk](mailto:karen@liquidvibrations.org.uk)

**Twitter:** @LiquidVibratio1

**Facebook:** @Liquidvibrations

**Web:** [www.liquidvibrations.org.uk](http://www.liquidvibrations.org.uk)