

## Start The Session

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1. **Introduce the Session**
2. **Explain Tablet and Lyric Coach**
3. **Choose the Appropriate Playlist**
  - a. **Session 1:** Age-Based Playlist
  - b. **Session 2+:** Personalized Playlist

## RePEAAT Protocol

1. **Read** song titles slowly
2. **Play** the song the client chooses
3. **Engage** with the music
  - a. Sing along softly or mouth the words
4. **Affirm** the client, song, experience, etc.
5. **Add**
  - a. Ask if song is a favorite
  - b. If so, add song to personalized playlist
6. **Talk**
  - a. Facilitate Conversation
    - i. Close & Open Ended Questions re: client feelings with song, content of song, artist of song, etc
    - ii. Reflective Listening
7. **Repeat the RePEAAT Protocol** by transitioning back to the list & reading next song title

## Therapeutic Strategies

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1. **Follow the Client's Lead**
  - a. Defer to the choices of the client
  - b. Be Aware of & Integrate Non-Verbal Cues
  - c. Handle the Curve with the VCR Method: Validate, Check-In, Redirect
2. **Create a Supportive Environment**
  - a. Strategically Select and Set Up the Room
    - i. Clear table with speakers in the middle
    - ii. Perpendicular, straight-backed chairs faced away from windows or doors
  - b. Stay Present
    - i. Technology Setup
      1. Download Age-Based Playlists (and/or other SingFit Pre-Made playlists)
      2. Set Up Personalized Playlist with Client's Name (i.e. Ella's Favorites)
    - ii. Body Language
3. **Foster a Positive Association with the Session**
  - a. Avoid Using Negative Phrases (Avoid "remember" Instead Try "Are you familiar with?")
  - b. Provide a Positive Sound Experience
    - i. Do a sound check
  - c. End the Session on a Positive Note

## Start The Session

### 1. Introduce the Session

- "I've brought some music I'd like to share with you."

### 2. Explain Tablet and Lyric Coach

- Tablet:** "This is a powerful little computer with lots of great music on it."
- Lyric Coach:** "The music in this tablet is different from any music that you've ever heard before because it tells you the words to the songs right before they are sung."

## RePEAAT Protocol

### 1. Read

"Would you like to hear this song?" "Should we play this?"  
"How about this one?"

### 2. Play song

### 3. Engage with the music

### 4. Affirm

"Wow" "You were really singing" "That was great"  
"That was something" "What a wonderful song" "That song made you smile"  
"You really know that song/chorus/verse" "That song makes me want to dance."

### 5. Add song

"Is that song one of your favorites?" "Should we save that song for next time?"  
"Should we add that to our list?"

### 6. Talk

#### 1. Ask about their Thoughts on the song

"Did you like that song?" "What did you think?" "How was that?"

#### 2. Ask about the Artist or Content of the song

Artist: "Do you like songs by Louis Armstrong?"

"Do you know the Etta James version of this song?"

Content: I Left My Heart in San Francisco

"Have you been to SF? Do you like SF or LA better? And, why do you like it better?"

Hound Dog

"Do you like animals? Have you ever had any pets?"

### 7. Repeat the RePEAAT Protocol

"Should we check out what other songs we have?" "So next we have..."

## End The Session

### 1. Check In

- "Should we check out one more before we take a break?" "Are you up for one more?"  
"How are you feeling?" "Do you want to keep going or would you like to end here?"