

Summary: Soloist VR App Therapy Guide

The Soloist Virtual Reality (VR) App Therapy Guide is comprised of six protocols designed to assist professionals in using Soloist VR music making activities to address a wide range of therapeutic goals. Written with the intent of offering specific ideas for session structure, the protocols contain guidelines that will streamline planning for therapists and enable professionals to consider a variety of options for treatment. Each protocol may be modified in order to enhance the relevance for individual participants, their area(s) of treatment focus, and their functional skill level. The six protocols are:

- **Soloist Virtual Reality Intro** - *an orientation to the Soloist VR environment that can also serve as a baseline assessment for client skills and identification of treatment focus areas.*
- **Virtual Reality Simon Says** – *a listening and following directions activity that reinforces content presented in the Soloist Virtual Reality Intro.*
- **Sound Sequencing** – *an attention and memory focused activity designed to gradually increase recall of musical patterns and sequences.*
- **Play and Name** – *an activity that combines physical, cognitive and social skills by incorporating verbalization of instrument names, item recognition/memory, and physical movements.*
- **Perpetual Play** – *a protocol structured to focus on increasing cardiovascular endurance, attention, and/or time on task.*
- **Conductor Calisthenics** – *a physical movement activity that offers new ways to work on a variety of physical skills. The movement names can be incorporated to work on cognitive skills through memory of movement names and/or problem solving directions provided by the therapist. Participants also have an opportunity to engage in creative expression.*

The protocols have a common structure and include:

- Possible Goals for Clients: a variety of cognitive goals, physical goals, social/emotional goals are suggested, and therapists may also identify others that may be more in line with their clients and/or treatment setting
- Suggested Group Size: individual session, 1-2 participants, more than 3 participants
- Recommended Protocol Session Time: general guidelines for session length are provided to assist with planning
- Protocol Specific Music Suggestions: song recommendations for use with each protocol are provided; instrument icons available in each song as well as tempo of music have been considered to offer best possible alignment with each activity
- Procedure: step by step details for conducting the session with a therapy client or client group are provided
- Protocol Adaptations: protocol variation recommendations are offered that enable greater variety in the activity and/or highlight modifications for individuals working on specific goals or at specific skill levels
- Session Forms: supplemental forms/resources for therapist use during sessions to record data, take notes, and facilitate documentation of participant progress in meeting goals

Potential Cognitive Goal Summary

	Soloist Virtual Reality Intro	Virtual Reality Simon Says	Sound Sequencing	Play and Name	Perpetual Play	Conductor Calisthenics
Cognitive Goals						
Attention						
Color Recognition						
Concentration						
Decision Making						
Directionality						
Following Directions						
Long Term Memory						
Memory						
New Learning						
Object Recognition						
Organization and Planning						
Problem Solving						
Sequencing						
Short Term Memory						

Potential Social/Emotional Goal Summary

	Soloist Virtual Reality Intro	Virtual Reality Simon Says	Sound Sequencing	Play and Name	Perpetual Play	Conductor Calisthenics
Social/Emotional Goals						
Expression of Spoken Language						
Frustration Tolerance						
Listening Skills						
Regulating Behavior						
Self Conduct						
Self-Exploration						
Self-Expression						
Verbal Articulation						
Verbal Response						

The Soloist VR App Therapy Guide is available for purchase within the VIVEPORT application store.