



## Music Therapy is:

A way of making and sustaining meaningful contact with others

Trying out different ways of relating and becoming more aware of others, and their responses to us

Being able to make choices, developing confidence and self-esteem

Experiencing individuality and intimacy without having to rely on verbal communication

Sharing feelings that are hard to verbalise; finding a way of examining feelings and attitudes

A way to develop innate creativity and musicality, encouraging vocal and verbal expression

Developing motor / co-ordination, and concentration skills.

Contact us for more information:

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# music therapy at



## About Music Therapy

Music therapy offers the opportunity to be with others and form relationships using the person's own unique musical language. It helps them to express all their emotions, and every aspect of their interactions such as breathing patterns, movements, vocal sounds, and playing are seen as part of a wider communication.

Sessions normally last between 30-45 minutes depending on the individual or group. There will be a 6 week assessment followed by a discussion/report.

Reasons to refer to therapy may include:

- wanting a creative outlet
- a recent bereavement or trauma
- a sudden change in behaviour such as becoming more withdrawn or challenging
- a transition in living arrangements or from school to adult services

For a referral form please contact the therapists, details overleaf, or speak to your hub manager



**“making music  
makes me happy,  
and sometimes it  
makes me laugh!”**

**“you listen to me”**

## Standards

Music Therapy is one of the Arts Psychotherapies regulated by the Health and Care Professions Council. Therapists are also members of The British Association of Music Therapy (BAMT).

Therapists attend regular clinical supervision on their case-load and undertake at least 24 hours Continuing Professional Development per year.

Music Therapists work in prisons, schools, nursing homes, day care services, secure and forensic units, Mental Health Services, CAMHS, end of life care, and also in private practice.

