



# Music Therapy at One Trust



If you want to have music therapy speak to the manager at your hub or our music therapists:

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**Open Door Centre:**

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**Sutton Inclusion Centre:**

**Francine**

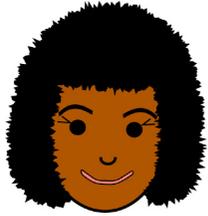
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## What Is Music Therapy?

Music can help us to say things when we find it hard to communicate. In a music therapy session you will be invited to make music with the therapist to help you with sharing. You can use the instruments and your voice to make your own music and songs. You might also want to sing songs you know, or listen to some music that is important to you.



## Who Is It for?



Sometimes you might have difficult things happening in your life, like lots of change. You might be missing someone, moving home, or feel sad or angry sometimes. You might also be having problems with your mental health. Some people come to music therapy because it helps with trying new things, being creative, or helps their communication.

During the session, the therapist will listen to you, and think about this with you. This can sometimes be difficult, but the therapist will also be helping you to find ways of coping, so you can feel more supported.

## How often do we meet?

We will meet once a week and we will decide together how long you want to have therapy for. Sometimes you need your own time and space, or you might want to be part of a group where you can share your music with other people, and learn about relationships.



Here are some things people say about music therapy:

“music therapy is my favourite from all week!”

“you listen to me”

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