

Music therapy

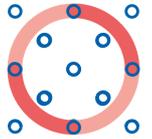
Music therapy can help people express themselves in ways they didn't think they could. Explore the different ways that music therapy can help.

Music Therapy is a registered healthcare profession, regulated by the Healthcare and Professions Council (HCPC). Music therapists undergo extensive training to a master's level to work with both children and adults for various reasons. Some of the reason for referral may be:

- Depression and low mood
 - Autism
 - Anxiety
 - Disability (including acquired disabilities such as strokes and brain injury)
 - Post-traumatic stress disorder (PTSD)
 - Speech and language disorders
 - Dementia
 - Bereavement
 - Palliative care
- ...and many more

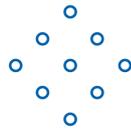
Expressing yourself through music

Music therapy allows individuals to express themselves non-verbally, which is often easier than speaking. When making music with the music therapist, the therapist improvises music in order to respond spontaneously and develop a therapeutic relationship with the individual. There are no 'right and wrong' notes in music therapy – the individual is encouraged to use whatever music or instruments they wish in order to express themselves.



The aims of music therapy sessions are not musical; the music therapist, together with the individual or their family, develops clinical aims for the individual. Music therapy can take place individually or in a group.

As well as improvising in music therapy, many people find it useful to write songs with the music therapist in order to express themselves. When we think about writing a song, many of us imagine things we hear on the radio and think “I definitely couldn’t do that!”. However, it is truly amazing how musical we all are, and the music therapist and individual work together to create something that reflects the individual, which can then be recorded and taken away with the client.



Suffolk Music Therapy Services

Suffolk Music Therapy Services is the largest organisation providing music therapy sessions across East Anglia and can also provide sessions in other areas. The team of therapists work in various organisations providing both individual and group sessions, as well as workshops and choirs. If you would like to find out more about music therapy, or the health benefits of music, please contact Ray Travasso.

Written by Ray Travasso and Anita Thomas

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