



Introduction to Music Therapy

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EAST LONDON MUSIC THERAPY LTD

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Introductions

Katy

- ▶ Trained at the Guildhall School of Music and Drama
- ▶ Qualified as a Music Therapist in 2009
- ▶ Registered with the Health and Care Professions Council
- ▶ Several years' experience of working with children and young people who have a wide range of needs and reasons for coming to music therapy
- ▶ Based in East London

Overview

- ▶ Music Therapy
 - ▶ What is it?
 - ▶ Where do Music Therapists work, and who do they work with?
 - ▶ Working as part of a team
 - ▶ Reasons for referral to Music Therapy
 - ▶ Types of intervention
- ▶ Case examples
- ▶ How do you become a Music Therapist?
- ▶ The Evidence Base
- ▶ Questions/Discussion

Music Therapy

Music Therapy is one of a group of Arts Therapies

- ▶ Art therapy, Drama therapy, Music Therapy
- ▶ All regulated by the [Health and Care Professions Council \(HCPC\)](#)
- ▶ Therapists must be regulated with HCPC in order to practice
- ▶ 'Music Therapy' is a protected title

'Music therapy is the use of sounds and music within an evolving relationship between client/patient and therapist to support and develop physical, mental, social, emotional and spiritual wellbeing.'

Adapted from Bunt (1994, p8)

What does music mean for you?

- ▶ What music do you listen to?
- ▶ Do you always listen to the same kind of music?
- ▶ Does it change depending on how you are feeling?
- ▶ Do you play musical instruments?
- ▶ What about dance? Film music?
- ▶ How does music make you feel?

- ▶ Anything else you can think of?



Why Music?

- ▶ Humans are born musical, and our musicality survives in most conditions of neurological, sensory and psychological damage
- ▶ 'Music is much more than just 'non-verbal' or 'pre-verbal', and its use in therapy is based in the life-long human trait of creating companionship with another by structuring expressive time together' *Trevarthen (2000)*
- ▶ There is a biological link between music and feelings



Where do Music Therapists work?

Areas of work:

- Learning Disabilities
- Autism
- Emotional/behavioural difficulties
- Mental Health
- Neo-natal care
- Adoption/Post-adoption services
- Neurology
- Prison service
- Elderly/Dementia

Places of work:

- NHS
- Schools
- Pupil Referral Units
- Prison service
- Community settings
- Residential/Care homes
- Private music therapy

Working as part of a Team

- ▶ Part of the multi-disciplinary team
- ▶ Communicate with other professionals in the workplace
- ▶ Sometimes run joint sessions with, for example, Speech and Language Therapists, Occupational Therapists
- ▶ Liaise closely with support staff (teaching assistants, care staff) who know the clients best and may work with them most closely



Reasons for referral to Music Therapy

- ▶ Developing the ability to form positive relationships
- ▶ Improving emotional health and wellbeing
 - ▶ Emotional expression
 - ▶ Emotional regulation
- ▶ Developing social understanding and communication skills
- ▶ Developing creativity
- ▶ Developing attention and awareness
- ▶ Working through difficult experiences
- ▶ Developing self-confidence and self-esteem
- ▶ Developing sense of self

Types of Music Therapy intervention

- ▶ Group sessions
 - ▶ Open groups
 - ▶ Closed groups
- ▶ One-to-one sessions
- ▶ May be short-term or long-term work



How to train as a Music Therapist

A postgraduate Masters course in Music Therapy is needed in order to register with HCPC. Courses are currently run by:

- ▶ [Anglia Ruskin University](#) (Cambridge)
- ▶ [Guildhall School of Music and Drama](#) (London)
- ▶ [Nordoff-Robbins](#) (London & Manchester)
- ▶ [Queen Margaret University](#) (Edinburgh)
- ▶ [University of Roehampton](#) (London)
- ▶ [University of South Wales](#) (Newport)
- ▶ [University of the West of England](#) (Bristol)
- ▶ Apprenticeship routes are planned for the future but it is currently unclear how this will work – watch this space...

What do you learn about?

- ▶ Psychology
- ▶ Psychodynamic theory
- ▶ Developmental theories
- ▶ Child development
- ▶ Development across the lifespan
- ▶ Music skills including harmony, song-writing, improvisation
- ▶ Clinical placements including:
 - ▶ Individual and group sessions
 - ▶ Children/young people
 - ▶ Adults
 - ▶ Mental health
 - ▶ Learning disabilities

Entry Requirements

Each course sets its own requirements but in general you need:

- ▶ Undergraduate degree in Music **OR**
 - ▶ Undergraduate degree in a relevant subject (eg psychology, education) **AND**
 - ▶ Musicianship equivalent to grade 8 on first instrument
 - ▶ Keyboard skills to approximately grade 6
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- ▶ Assessment of personality and suitability for the work also forms part of the interview process

More Information

British Association for Music Therapy www.bamt.org

East London Music Therapy Ltd

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