

MUSIC THERAPY

Music is all around us. Music forms part of our heritage, culture, identity and spiritual beliefs. We have music played at football matches, in shopping centres, churches and on the television. Music is a powerful medium which can affect us all deeply. Music can affect our mood. It may help us to relax when we have had a long day at work or school. Alternatively, it can stimulate and motivate us.

Music therapy is based on the understanding that all human beings are musical – that is we are all able to respond to music.

WHAT IS MUSIC THERAPY

Music therapists believe that anyone, irrespective of musical ability, can be drawn into shared music-making and form a musical relationship with another person. Through this relationship, beneficial changes and developments can be encouraged and worked for in a safe and creative way. Using music in this way is a form of therapy – music therapy.

A music therapist is a skilled musician who has been trained to use music to reach out in this way and to help someone develop their potential whatever their disability, difficulties or diagnosis.

People may come to music therapy for many different reasons. As the music is made together, a musical relationship develops. People will begin to show their strengths and needs, and may express a range of feelings, both positive and negative.

MAKING MUSIC

People experience music improvised uniquely for and with them. They will have the opportunity to interact and communicate musically and to express themselves in whatever way they can – using their body, voice or instruments.

WHAT CAN BE ACHIEVED IN MUSIC THERAPY

- Provides a means of communication and self-expression, when words are either not an option or are inadequate.
- May lead to increased interaction for people with communication difficulties, encouraging development of speech.
- Raises self-esteem & dignity, because there can be a real sense of achievement in making music.
- It gives control & choice for people who have very little or no control over other aspects of their lives.
- Helps lower anxiety levels & encourage improvement in co-ordination skills, because music can be a great motivator.
- Adds a spiritual dimension and can help to give life meaning, purpose and a sense of completion.
- It can simply bring fun and enjoyment to people who may not be able to participate in other activities.

WHAT MAY HAPPEN IN A SESSION

- Improvising music
- Writing songs
- Making music
- CDs Music as relaxation
- Singing favourite songs
- Group work

MAKING A REFERRAL

Any child or adult is entitled to receive a music therapy assessment. Once a referral is received the music therapist will contact you to arrange a music therapy assessment. **ellenor** music therapy sessions usually take place in the home, however schools and other venues are also possible.

If you would like to know more about music therapy and how it may be of benefit, please speak to a member of staff or call **01474 320007**.

Part of providing the best care and support for families, means being there for as long as a family needs us.

You can help us to be there, when we're needed.

Please speak to a member of staff or visit our website for ways you can help.

Thank you



ellenorcharity

www.ellenor.org