

Chris Atkinson
Lead Music Therapist

The Loft
2 Manor Court Avenue
Nuneaton
CV11 5HX

Telephone: 024 7631 5867

If you require this publication in a different format or language please contact the Trust's Equality and Diversity Department on 024 7653 6802.

Principles of Professional Practice

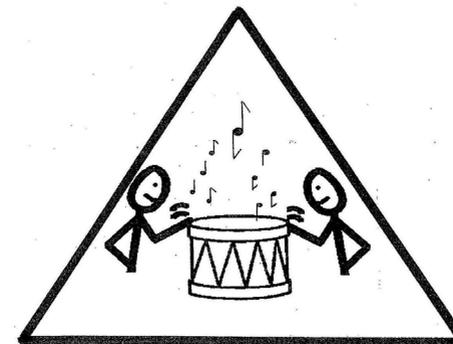
All music therapists hold a postgraduate qualification to practise and are state registered with the HCPC (Health and Care Professions Council). They are bound by the BAMT (British Association for Music Therapy) and the HCPC to observe the professionals code of ethics and practice.



UC115 v2
December 2017

Music Therapy

for people with a Learning Disability



Information for carers

What is music therapy?

Music therapy is part of Psychological Services, which supports the Community Learning Disability Team. The therapist and client will meet regularly at the same time and in the same place to build up a creative and supportive relationship. Music forms the basis for this relationship.

Who is music therapy for?

The music therapist works with adults with learning disabilities who have additional needs such as autistic spectrum disorder, abuse issues, communication difficulties, sensory needs, challenging behaviour, bereavement issues and dementia.

Who takes part in music therapy?

Music therapy may take place in individual or group sessions depending upon the clients' needs.

What happens in sessions?

As a general rule both client and therapist take an active part in the sessions by playing, singing and listening. The therapist does not teach the client to sing or play an instrument. Rather, clients are encouraged to use percussion instruments and their own voices to explore the world of sound and to create a musical language of their own. By responding musically, the therapist is able to support and encourage this process. *It is not important to have a musical ability in order to benefit from music therapy*

What sort of music is played?

The music played covers a wide range of styles in order to complement the individual needs of each client. Most of the music is not pre-composed but made up during sessions so that feelings and issues raised can be reflected as they occur.

How can music therapy help?

Emotional expression

Music can convey feeling without the use of words and is a helpful way to express feelings that may be difficult to talk about.

Music therapy can provide a safe setting where difficult feelings may be expressed and contained. By offering support and acceptance the therapist can help the client to work towards emotional expression and release.

Communication

Music is essentially a social activity involving communication, listening and sharing. These skills may be developed within the musical relationship with the therapist, and in group therapy, with other members. As a result clients may develop a greater awareness of themselves in relation to others.

Personal development

Music can be a great motivator and can be used to promote developmental work with adults with learning disabilities.

Involvement in creative music-making can assist physical awareness, and develop attention, memory and concentration as well as many aspects of communication.