

What is Music Therapy?

Music Therapy is available to adults with a learning disability who reside in North, Mid and West Essex who need help with some difficulties in their life. A referral is made for music therapy via the Way in Team.

In the sessions, improvised music, including singing, is created by both the person and therapist. Accessible instruments are provided, including a range of percussion instruments such as drums, xylophones and tambourines. The therapist responds to and supports any form of communication from the person, seeking to establish a relationship through the shared use of sound and promoting and developing meaningful communication and self-expression.

Music Therapy is not:

- ❖ about learning how to play a musical instrument, nor does the person need any prior musical knowledge for a referral to be made;
- ❖ the use of music for recreational purposes.

People with a learning disability may be referred who:

- ❖ present as extremely isolated and have great difficulty in establishing and maintaining healthy and positive relationships;
- ❖ experience conflict and distress and lack insight in their inner emotional world.

Music Therapy sessions are private although if the therapist has safety concerns relating to the person or someone else, the therapist will speak with their carer, nurse or social worker.

Music Therapy sessions usually last up to one hour and the therapist will determine need following an assessment of between two and four sessions. If therapy continues, sessions are held weekly, at the same time, and it is important that sessions are attended regularly. We can offer online therapy.

For further information, please contact Wendy Ruck or Wook se Cho on 01206 366653.

