

Name: Chloe Saywell

Profession: Music Therapist

Qualification: Master of Music Therapy (Nordoff & Robbins & Goldsmiths University London), Master of Music (Royal Northern College of Music), BMus (The University of Sheffield).

Special Interest: Neurological rehabilitation, Adult and Children Mental Health, Children with complex additional needs.

Base: Sheffield (South Yorkshire)

Personal Statement, Experience and Employment:

Chloe is a HCPC registered music therapist who places a humanistic, person-centred and music-centred approach at the heart of her practice. Chloe is passionate about music and the central role music plays within our lives.

Chloe is fascinated by the multi-faceted and complex ways our brains process, react and respond to music through active participation when playing instruments, singing and through movement. Chloe places active, collaborative music making at the centre of all music therapy sessions. The focus is on facilitating the development and rehabilitation of communication, cognitive function, motor movement, social interaction, self-expression and emotional and psychological wellbeing.

Chloe's approach to music therapy is grounded in acceptance, respect and empathy alongside celebrating and valuing all ways of being together musically. Chloe wholeheartedly agrees with the fundamental music-centred belief in every person's ability to respond to music, to experience and develop their strengths through music and to develop their individual potential.

Chloe has experience working in multiple health care settings, within both the NHS and privately, and specialist educational settings with children and young adults. Chloe's work has included neurological rehabilitation, adult and children acute mental health, and children with complex needs. Throughout this time Chloe has integrated music therapy into settings through the establishment of new services, led staff training and development, and supported creative arts therapy students during their training.

Before completing her music therapy training, Chloe worked extensively as a professional singer. This has led Chloe to incorporate her extensive experience as a singer and vocal pedagogue into her music therapy work, placing great emphasis on voice production, vocal physiology and breathing co-ordination to optimise a healthy use of the voice and respiratory function to positively impact vocal function. Chloe is further a qualified singing for lung health practitioner.

Music therapy sessions are personalised and the ways in which we work musically unique to each individual within their current context. The integration of music into therapy enables each client to actively participate and collaborate within their recovery journey. Most importantly, this holistic approach aims to enable each person to experience their strengths,

capabilities and potentials, essential for navigating with emotional resilience the challenges of a recovery journey.

Continuous Professional Development (CPD):

A requirement of professional registration is undertaking and recording (CPD). Examples include courses in; Trauma Informed Practice (APT), Singing for Lung Health Practitioner, Breathing Pattern Disorders (Physiotherapy for BPD Group), Accent Method (VSC), Primal Sounds Training (VSC).

Key areas of expertise:

- The use of music to develop vocalisations, speech and language
- The use of music and the voice to develop breathing co-ordination
- The use of music to develop gross and fine motor movement
- The use of music to develop cognitive ability
- The use of music to support anxiety and pain management
- The use of music to nurture and develop meaningful connection
- The use of music to support emotional wellbeing

Professional Affiliations:

- HCPC registered
- British Association of Music Therapy
- The Independent Society of Musicians
- Association of Teachers of Singing

Additional Information

Full UK clean driving Licence

CRB/DBS Checked