



TRANSFORMING  
**LIVES**  
THROUGH  
**MUSIC**



## About Music Therapy

Music therapy is the clinical application of music to achieve non musical goals. Music therapists have professional expertise in a range of specific musical techniques, in counselling skills and in the psychotherapeutic framing of their work. Training includes developing a focused clinical understanding of social, developmental, psychological and medical issues.

MTW provides intense individual music therapy sessions and also interventions for groups of individuals having similar assessed needs.

We provide clear aims and objectives and measure the outcomes of every intervention using an evaluation framework.



## Our Music Therapists

MTW music therapists are selected using specific criteria and hold high levels of expertise and competency. They engage in an ongoing programme of CPD and receive clinical supervision from MTW approved supervisors. MTW managers are always available to support therapists and ensure the best possible service for our clients.

As well as providing a music therapy service of excellence to individual clients, many of our music therapists are able to advise at an organisational level and provide a variety of additional support services.



## Training and Safeguarding

All our music therapists belong to the HCPC Register of Health and Care Professionals and are required to meet the standards set by this regulatory body. You can find out more about the HCPC Register and the professional requirements met by music therapists through visiting [www.hcpc-uk.co.uk](http://www.hcpc-uk.co.uk).

Music therapy training is at Masters level and requires a high standard of musicianship. Music therapists undergo their own therapy as part of the training process and sometimes return to this once qualified. Music therapists receive regular clinical supervision of their work.

Appropriate safeguarding training is mandatory for all our therapists every three years. MTW therapists are trained to level 3 and level 4 for both vulnerable adults and children. Some MTW therapists also hold additional safeguarding qualifications.



# Music Therapy Works: Support in Every Stage of Life

From lullaby to lament, music therapy moves between non-verbal and verbal work facilitating support, challenge and change.

## PRE-NATAL

Supports bonding, reduces stress, eases anxiety and lays foundations for future psychological development.

## PREMATURE BABIES

Promotes attachment, optimises physical and neurological growth, can increase feeding patterns and ability to thrive.

## EARLY YEARS

Uses a multi-sensory approach, evaluates strengths and needs, improves: communication, processing, social skills, developmental issues, attachment, and overall wellbeing.

## PRIMARY AGE

Ideal medium for children who are unable to verbally express themselves with fluency... Enhancement of social skills, support with processing trauma, development of resilience and confidence and improvement in ability to access education.

## ADOLESCENTS

Valuable opportunities for development and connection during a time of growth and change. Can increase self-understanding and improve self-esteem, reduce anxiety, assist in developing emotional resilience and forming a clear sense of identity.

## SMALL GROUP WORK

Addresses issues of relating and attachment, can develop relaxation and pain relieving techniques... Facilitates communication, social skills and post - music discussion, processing, reflection and intra group support.

## FAMILY WORK

Provides innovative opportunities for bonding and developing attachment. Promotes harmonious communication skills, extends social play and enhances parent / carer - child connections.

## YOUNG ADULTS

Provides consistent and secure opportunities for self-expression, reflection and the development of emotional resilience during periods of transition to post secondary education, employment or independent living.

## ADULTS

Bespoke client-led interventions both individual and group settings. Improves socialisation and mental health. Can include post traumatic issues. Promotes inclusion for newly arrived families and emerging communities. Specific interventions for those with neurological issues including ABI, post stroke issues, and dementia.

## END OF LIFE WORK

Assists in processing grief, allows the exploration of anger and sadness, provides comfort. Considers identity, inclusion and occupation. Song writing can provide life narrative and sometimes legacy.

## An informed psychological and neurological approach

Enabling and facilitating changes, such as developing emotional expression, improving engagement skills, enhancing physical and cognitive abilities, processing underlying concerns. Ensuring the most beneficial outcomes.



## Clear outcomes and evaluation

Using both qualitative and quantitative evaluation ensures strong evidenced-based practice. MTW tailors an intervention to each individual. Consistent evaluation is applied to every client in each session.



## Quality assured music therapists

Registered with HCPC, have an MA qualification, undertake regular bespoke CPD and have a considerable depth of experience in a wide range of client groups. Encased in in-house quality assurance programme.



## A bespoke service of excellence

We deliver a flexible and comprehensive combination of improvised or pre-composed music underpinned by strong psychotherapeutic and medical understanding. Every intervention is designed around the individual or group and depends on their assessed requirements. Clinical programmes are monitored through a clear evaluation system and ongoing evidence-based practise.

# What do people say about MTW?



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*I felt blindfolded. Music therapy has helped me to see and hear again...like opening my eyes for the first time in a long while.*

*13 year old music therapy service user*

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“

*(Music Therapy) gives all of the children a space to express themselves. We notice a change in them whilst in the sessions. We also notice that they come back to class calmer.*

*Rigby Hall School, Bromsgrove*

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*Her relationship with the music therapist is the only remaining relationship in my mother's life. She glows after her sessions.*

*Daughter of an elderly MTW client with dementia*

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*I am glad that I am alive...joyful in the moment... there was something about music that enclosed me.*

*Martha, a cancer patient describing her experience of Music Therapy*

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*Due to music therapy we have noticed that the school is a calmer place to be. We have also noticed that there has been an increase in turn-taking skills, participation and attention/ concentration skills.*

*Dame Ellen Pinsent School, Birmingham*

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*The music therapist is not only an accomplished musician but is also a skilled and adept therapist with an innate understanding of the psychology of behaviours and how music can be utilised to allow very complex young people to express, explore, understand and, ultimately, develop their emotional responses.*

*His work has proved to be invaluable in enabling students to make greater progress in many aspects of their individual development.*

*Trinity Specialist College, Birmingham*

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*Leaders have contracted with specialist external agencies such as...a music therapist to provide effective support for students with physical, behavioural and communication needs.*

*This specialist support has contributed to a reduction in the number of student behavioural incidents and to improvements in the levels of students' confidence and skills development.*

*OFSTED inspection report, Trinity Specialist College*

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*Working from a psychotherapeutic framework, music therapists can provide exciting and creative ways for their clients to address their feelings and significantly transform challenging situations through non-verbal expression. As an MTW approved supervisor, I have witnessed MTW music therapists encouraging, reflecting and reaching deeply held feelings that may not have otherwise ever have been expressed or heard. They then use these observations and information to determine the best way forward for a successful therapeutic process.*

*Dr Teresa Madurai, Clinical Psychologist,  
University of Birmingham*

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# Katie's Story

**Katie has been diagnosed with a severe developmental delay and a rare genetic disorder which means she has not reached the cognitive and developmental milestones expected of a neurologically typical young woman.** She has difficulty with cognitive processing and performing physical tasks such as lifting objects, walking and talking. Katie attends a college for young adults with various forms of special educational needs and was referred to music therapy in September 2016. Since then, she has attended individual music therapy sessions for 30 minutes on a weekly basis.

Through developing a musical relationship with the therapist Katie has been able to:

- Increase her independence through developing abilities to touch instruments and express clear choices
- Acknowledge, express and explore her feelings through the non verbal medium of music. This has provided both emotional release and excitement
- Develop her ability to regulate her emotions
- Develop her vocal skills
- Engage in positive social interaction and develop her abilities to communicate and relate



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*Katie's college tutors say:*

*During music therapy, Katie communicates using her voice and has said “I did it!”. Usually she is almost exclusively non-verbal, so this is encouraging and significant.*

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# Caleb's Story

**Caleb has visual impairment, physical and learning disabilities. Music therapy has been delivered in the family home since 2014 and has proved to be a therapeutic medium that Caleb can fully access.**

Music therapy is an effective way of developing and enhancing Caleb's physical, cognitive and communicative abilities. He has made constant progress and is motivated by music which encourages him to achieve and develop.

During his music therapy sessions, Caleb has been able to:

- Increase his vocal expression, motor and communication skills
- Use switches in his sessions to further enable his decision-making skills
- Physically explore his environment and surroundings, providing a sense of control and confidence in his abilities
- Demonstrate determination and enjoyment



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*Caleb's mum says:*

*Caleb is a beautiful, engaging, gentle, smiley, fun-loving little boy. Limited by the severity and complexity of his difficulties; spastic quadriplegic cerebral palsy, epilepsy, blindness and lack of any means of intentional communication, music therapy is the only activity which gives Caleb a genuine opportunity to demonstrate his understanding and memory. This allows us unique glimpses into his remarkably peaceful and patient character and enables us to facilitate him to be all he can be. There is no other therapy which truly meets him where he is.*

*Consistently believing in Caleb's potential, his music therapist has taken a confident, encouraging, sensitive and holistic approach. Caleb has proved time and again how he can engage, achieve and develop his ability to move and communicate whilst simultaneously having great fun.*

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# Mr and Mrs D's story

**Mr and Mrs D live together in a nursing home. Both have advanced dementia with severe memory and speech impairment. They also have a range of medical and nursing needs, including assistance with mobility and self-care, which are increasing as the dementia progresses.**

Mr and Mrs D have no children or close family, and were referred for music therapy by their attorney with the aim of improving their quality of life.

Music therapy sessions take place once a fortnight for 45 minutes in Mr and Mrs D's shared room in the home. Despite their cognitive impairment, they will join in familiar songs with energy and enthusiasm, reflecting the fact that Mr D was a keen amateur singer who loved to perform.

With careful support from the therapist, working at a gentle pace, Mr and Mrs D also take part in musical improvisations using various hand-held instruments, music therapy supports:

- Physical and sensory stimulation including responses to rhythm, pulse and timbre
- Promotion of spontaneity and self-expression which helps to maintain a sense of autonomy and purpose in the care home environment
- Their wellbeing by increasing opportunities for engagement, stimulation and social interaction. Mr and Mrs D express much appreciation of music therapy
- Mr and Mrs D's attachment and identity as a couple by using songs and music to both reinforce memories from the past, allowing them to maintain their relationship in the present

Mr and Mrs D also have the opportunity to socialise with other residents through joining in the music therapy groups which take place regularly in the home.







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*Music therapists perform minor miracles every day.*

*John Whenham, MTW Trustee*

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## Older People and Adults

Music therapists work in a variety of settings including hospitals, in-patient and out-patient units, care homes and hospices. We offer a range of flexible music therapy services that can support adults with learning disabilities; mental health issues; acquired brain injury; life limiting illness, progressive neurological diseases such as dementia, and end of life care.

Music therapists work as part of the multi-disciplinary team around each patient, providing unique insights and approaches in both clinical assessment and treatment plans. Part of the power of music therapy is in the ability to work non-verbally throughout a programme of clinical intervention.

On occasion we may offer sessions which include other professionals, such as joint sessions with speech & language therapists to promote communication.

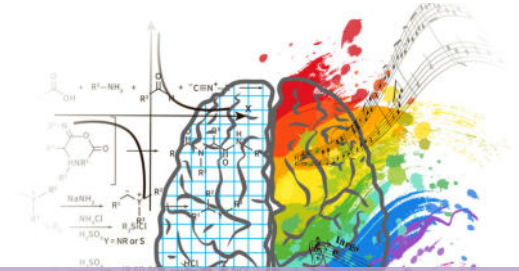


## Children

Music therapy can promote healing and be transformational for children at a time when it is challenging for them to express themselves verbally. Working with the multi-disciplinary team, music therapists can enable a child to begin processing their issues through musical play and interactions, improvised song lyrics and sharing music with their family and siblings.

Music therapy can also:

- Support pain management
- Improve muscle flexibility and coordination
- Have a calming and relaxing effect
- Encourage movement, muscle flexibility and coordination
- Alleviate depression



## Neurologic Music Therapy

NMT is a research-based system of 20 standardised clinical techniques for use in sensorimotor training, speech and language training and cognitive training.

Populations served by Neurologic Music Therapists include those having experienced:

- Stroke
- Acquired brain injury
- Parkinson's Disease
- Cerebral palsy
- Alzheimer's disease,
- Neurological diseases affecting cognition, movement, and communication





## Music

- **Improvisation:** allows an instant conversation to take place and is the setting for the much of the therapeutic process. The power of this non verbal medium means unspoken and unbearable issues can be addressed and processed without recourse to words. If clinically appropriate words may follow.
- **Instruments:** are often used as abstract objects and maybe used by our clients to represent other people or things, or even different aspects of themselves.
- **Song writing:** maybe used to assist with life narrative and to develop confidence. In end of life work, song writing may form part of a client's legacy.
- **Technology:** iPads, switches and Apps can be helpful for those who find it challenging to use traditional instruments.



## Evaluation Tools

MTW uses a strong evaluation tool to ensure clear measures of progress are made. We continue to refine, develop and implement assessment and evaluation protocols in order to ensure that clients, therapists and purchasers can understand and appreciate the many positive changes which take place when music therapy is used as an intervention.

Progress is illustrated graphically and we work within each setting to present this data in the way which best fits the clients' requirements.

Through establishing baseline information, the therapist can effectively measure and evaluate changes in specific areas of the individual's functioning such as communication, physical and psychotherapeutic outcomes.



## Clinical Expertise

Our music therapists bring clinical knowledge and an understanding of neurology, cognition, communication, development, socialisation skills and emotional well-being needs to construct a safe, consistent and predictable setting. Psychotherapeutic approaches inform every aspect of the work along with a flexible approach to match the individual's reactions and support their feelings, memories or behaviours.

Rhythm, melody or harmony can be immediate, organising, motivating and thrilling; establishing trust, exploring relationships; creating bridges and making new connections possible. Whilst sharing live music, exploring different genres, singing and playing instruments, our MTs constantly observe the client's responses and adjust their music to meet the clients' needs. This ultimately sets the client on a path towards transforming their lives for the better.



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Registered in England no. 6663759

Registered charity no. 1126584