

Children and Music Therapy

Children of any age can benefit from music therapy. Children naturally develop through play, and a music therapy session can provide a valuable opportunity in which the child's sounds and explorations can be responded to, which in turn can help the child to become more aware of itself and others.

Children with a range of Learning Disabilities may benefit from therapy including those with Autism, Attention Deficit and Hyperactivity Disorder, Developmental Delay, and Profound and Multiple Disabilities. For those children who have suffered a trauma such as loss or abuse, music therapy can provide a safe space in which the resulting issues can be explored.

St Joseph's has benefited from generous funding which enables us to provide children's sessions at a subsidised rate.

Music Therapy is a State Registered profession; therapists are regulated by the Health Professions Council, and belong to the Association of Professional Music Therapists, they also work within the area Child Protection and Vulnerable Adult Protection Policy guidelines.

Reasons to Refer to Therapy

Clients may be experiencing difficulties in their lives such as mental health problems, dementia, a recent bereavement, trauma, communication disorders, isolation, or may exhibit challenging behaviours.

St Joseph's also provides a Special Package for people with more complex needs consisting of 30 minutes of music therapy and 30 minutes in the sensory room.

Clients should not be referred for educational or recreational reasons and do not need to be musical to take part in sessions.

How to Refer to Music Therapy

For further information, speak to Maria on Thursdays and Fridays, or email her at the address on the front of the brochure. At other times you can speak to Sylvia Edwards or Kennett Westmacott. We will send you a referral form which should be returned to Maria Radoje, marked 'Confidential.' We will contact you to arrange an assessment.

Costs

Price on application

Contact:

Maria Radoje,
Sylvia Edwards or Kennett Westmacott
for further information



ST JOSEPH'S
PASTORAL CENTRE
working with people with learning difficulties

Music Therapy



Maria Radoje Music Therapist

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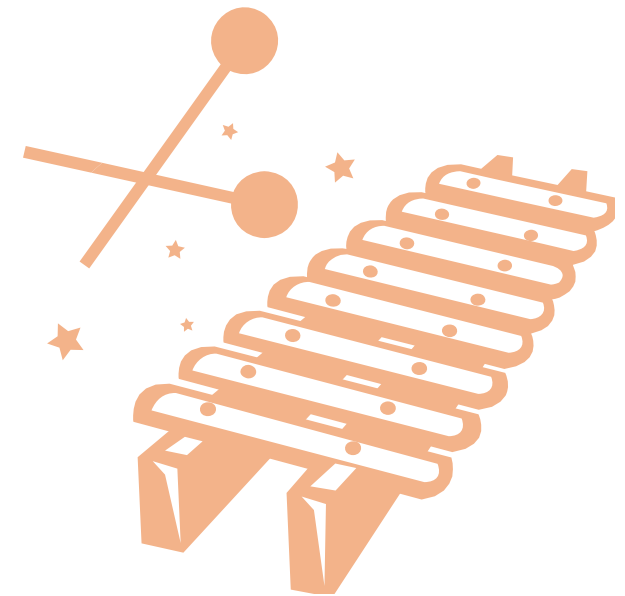
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What Is Music Therapy?



Music Therapy Provides

- An opportunity to access psycho-therapeutic support when verbal therapies would be inappropriate, and to experience a safe and contained means of releasing emotions that have previously been expressed through inappropriate or challenging behaviour
- An opportunity to gain greater self-awareness
- An opportunity to increase self-confidence & enhance self-esteem
- An opportunity to counteract social isolation & build positive relationships
- An opportunity to develop fine and gross motor skills and sensory awareness
- An opportunity to be heard and be responded to



Sessions & Assessments

Clients are offered six assessment sessions, which enables both client and therapist to ascertain if music therapy is an appropriate intervention for them. Group or individual therapy will be offered to the client, depending on their particular needs. Sessions usually last between 30-45 minutes depending on the group/individual and are offered at the same time each week. After the initial assessment, clients will be offered a period of therapy followed by regular reviews. Clients are usually discharged from therapy once the reasons for referral have been addressed.

We all respond to and appreciate music, and that ability usually remains unimpaired despite illness, injury or disability. For those people who find verbal communication an inadequate form of self expression, Music Therapy provides a confidential setting in which emotions can be contained and explored in a safe way, facilitated by the musical relationship.

A typical session usually involves pre-prepared opening and closing songs with time between for improvisation. Clients are provided with a range of tuned and un-tuned percussion instruments and each sound is heard as part of a wider communication by the therapist, who provides music to support and acknowledge the client. Music therapy is also informed by psychoanalytic thinking and the study of pre-verbal relationships.