

Testimonials:

The Clients:

"You listen to me," "It makes me relax"
"I love coming here!"

The Home Manager:

"Since coming to music therapy, B's communication has increased"
(B is a 77 year old man, with limited communication, dependent on others for all his needs)

The Parent:

"We very much appreciate the therapy and since attending, our sons have markedly increased their interaction. Last week our autistic son Jamie said Billy's name for the first time,...this has made a positive impact on all our lives." (To see the full article go to: www.bbc.co.uk/music/parents/features/therapy.shtml)

The Psychologist:

"Through this experience I discovered that non-verbal therapy has a significant value and effectiveness in working with people with Learning Disabilities. To be with others in a compassionate, accepting and reinforcing environment was an eye opener for a psychologist trying too hard sometimes, to change a client's experience and believing that words should be sufficient for a psychological change."

Reasons to Refer to Therapy

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

How to Refer to Music Therapy

For further information contact Matina preferably by email: matina.karastatira@stjoseph.org.uk or by phone on Fridays. She can then send referral forms and offer a consultation, followed by an assessment. You may also speak to Kennett Westmacott, Activities Centre Manager when Matina is not available.

Costs (2011-2012)

| | | |
|-------------------------|--------------------|---------------|
| Groups Adult pp: | 45 minutes: | £23.00 |
|-------------------------|--------------------|---------------|

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



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

Music Therapy



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What Is Music Therapy?

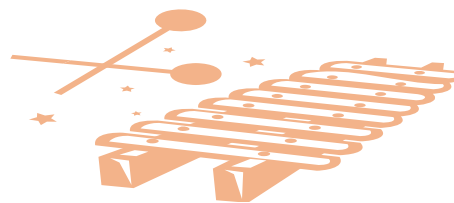


Music Therapy is one of the Arts Psychotherapies regulated by the Health Professions Council. One of the central beliefs of Music Therapy is that we all have an innate response to music, despite illness, injury or disability. For those people who find verbal communication an inadequate form of self expression, 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 responds to the client's sounds with their own. Music therapy is also informed by psychoanalytic thinking and the study of pre-verbal relationships.

Music Therapy Provides

- A psychological intervention for mental health issues, dementia, communication disorders, autism, behavioural and emotional problems, trauma and bereavement
- An opportunity to access a psychological therapy when verbal therapies would be inappropriate
- 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

At St Joseph's only Music Therapy Groups are offered.

Clients are offered an assessment period for one term, which enables both client and therapist to ascertain if music therapy is an appropriate intervention for them. Depending on their particular needs they can join either a smaller friendship group or a larger percussion group.

Sessions usually last between 30-45 minutes depending on the group 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. Music Therapy is reviewed regularly with the client and the referer.

The music therapist can also contribute to annual reviews and CPA meetings, if adequate notice is given.