I am very grateful for the bursary I received for outstanding placement work from the Music Therapy Charity. I would like to say thank you for your generous donation, which helped me to continue my studies and placement in a time of financial difficulty.

The money awarded helped me to fund travel to and from my placement, which was on an acute psychiatric ward, 35 miles away from my home address. The bursary helped to relieve some financial pressure, meaning I could more fully immerse myself in the placement experience.

My second-year placement afforded me the opportunity to work with a number of inpatients with varying mental illness diagnoses. I provided individual music therapy sessions, as well as group sessions over a 6-month period (unfortunately the placement was cut short due to the outbreak of Covid19). During the placement I was able to work in a challenging, multi-disciplinary setting, which increased my confidence and expertise as a trainee music therapist. Service users on the acute ward reported that they found relief and enjoyment in using music as a form of expression and this feedback was very rewarding.

When qualified I hope to work with individuals who suffer from mental illness and believe my second-year placement helped begin to equip me with the therapeutic, interpersonal and musical skills needed to practice as a music therapist in this area.

I also used the bursary money to purchase books I had particularly wanted to buy, which had been recommended to me by practitioners. One of these texts contained clinical applications of music therapy in psychiatric settings and was a very useful introduction to this line of work. I referenced the books I bought in my viva examination, which focussed on my placement work.

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