The generous bursary I have received from the Music Therapy Charity has enabled me to develop and learn a great deal in my first year of training. I was able to attend a huge variety of core and specialist lectures and grow to understand my therapy work in more depth. I have enjoyed theoretical and practical training across many music therapy approaches and grown in confidence in my own improvisation skills, especially on the piano and guitar. In lectures, I have found it particularly interesting to learn about transference and countertransference in therapy sessions and apply this knowledge to clinical work on placement. In my first year I was placed in a community-based service for adults with learning disabilities, facilitating therapy sessions and learning from the large multidisciplinary team there. Group and individual supervision for this work has allowed me to grow from someone who liked the idea of music therapy, to feeling as though I actually had something meaningful to offer clients in our interactions. I was hugely privileged to have the opportunity to present casework to the multidisciplinary team at the end of my time on placement. The feedback was encouraging; with clients displaying increased social interaction and using sessions to process difficult emotions. I greatly enjoyed the experiences on placement and would love to work with a similar client group after qualifying. This beneficial learning would not have been possible without the generous assistance of the Music Therapy Charity. I would not have managed to cover expenses such as the costly travel to and from placement twice a week, had it not been for their incredible support.