**Music Therapy with Social, Emotional and Mental Health Students:**

**A Service Evaluation**

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The main aim of this project is to discover if music therapy enables SEMH students to make positive developments regarding their emotional, social and psychological health and well-being. In addition, it was decided that it is important to give students a voice regarding the music therapy they access at our institution.

Planned length of project: 1 year

Actual length of project: 18 months

This study is a quantative study, where questionnaires were completed by eight student participants before, during and after eight weeks of music therapy. The music therapy the students receive at this institution is long term therapy, so eight weeks is just a snapshot of their music therapy interventions. The questionnaires used were Scott D. Miller’s CORS (Child Outcome Rating Scale) and CSRS (Child Session Rating Scale) questionnaires. In addition, questionnaires were compiled by the music therapist and sent to the staff team and governors at the school where the study took place. The results were analysed and presented in bar charts and scatter graphs.

Academic supervision took place once a half term, and clinical supervision took place twice a half term, at the school itself.

It is hoped that the participants benefitted from the study two-fold. Firstly, by participating in the study, students are given a voice regarding their music therapy provision. Secondly, by actively participating in the analysis of the music therapy they receive, it is hoped that the students will be enabled to become more aware of their therapeutic process.

In terms of the profession, it is hoped that this study will add to the limited research base within the SEMH / music therapy field. It may also raise my profile within my organisation and within the aforementioned field. In addition, this research will be used as supporting literature when applying for future grants music therapy grants to resource our institution. Initially, the study will be published on ResearchGate, and may be also offered to the BJMT for publication in the future.

The Music Therapy Charity provided £1000 toward the undertaking of this project. No other funding was needed, and therefore no other funding was applied for and obtained. The funds were primarily spent on the supervision (both clinical and academic) needed to successfully complete this project. In addition, a small amount was spent on relevant training within this field, as well as on a couple of additional musical resources, as a thank you to the students for participating in the project.

Since undertaking this research project, I have developed an interested in music therapy assessment tools, for both the music therapist and client to utilise. I would particularly like to develop a music therapy assessment tool to be specifically utilised with the SEMH client group.