Dear Music Therapy Charity,

First of all, I would like to thank your organization for this great donation.

Since I came in the UK for my course started last September, I have experienced cultural barriers including the language issues with which I had struggled, making myself scared of communicating with others and more specifically of being judged by them. However, my classmates, tutors and my placement supervisor encouraged me a lot that facilitated my emotional output. This was valuable for me because I was able to consider communication difficulties that people on autism spectrum may feel and to prepare for my individual work on the clinical placement at a SEND school.

In terms of my course, I have developed further my musical skills and learned how to apply these in clinical settings. Since I was encouraged to bring my musical identity into sessions to increase my expressive range and musical resources, I became more fluent in improvising freely. As well as musical leanings, understanding each theory and linking these with clinical examples consolidated on what are musical learnings and I learnt to be more conscious of what I was playing moment by moment in the here and now.

The impact of COVID-19 has changed my student life dramatically. What has been most unbearable was that my clinical placement closed and I had to finish the music therapy session I begun with an individual client early. Although our ending was not what I expected due to the sudden interruption and it was not fully satisfactory for me, I was glad to be able to finish our sessions properly in communication with the client. Due to the coronavirus pandemic, I have been back to my home. I have experienced confusion about my cultural identity, bringing up the issues on my future career; how I work as a music therapist and with whom I work and where I work. However, during a meeting with my personal tutor, she mentioned that “It is a life’s journey.” which made me appreciate what this course gave me. I am now aware that I have embarked on my journey which would never have been able to be fulfilled without the support of my family, teachers, classmates and your organisation.

‘*Ichigo Ichie* – Once-in-a-lifetime meeting’

This is a quote from Japanese proverb which resonates my current feeling and I am thrilled with the new encounters coming soon, and thank you once again for your support.

Yours sincerely,

Miu Shimizu