The generous trainee MA Bursary from the MTC has enabled me to cover some of the fees and cost of compulsory psychoanalytical psychotherapy over the course of my first year. By removing some of the financial pressures, the bursary meant that I could focus more of my time on the training course including academic studies and placement.

Throughout my first year I have had the privilege to receive teaching on many areas relevant to my development as a music therapist, from child development and psychoanalytical theory to different approaches to music therapy and clinical improvisation. The bursary enabled me to spend more time studying these complex theories and meet assessment criteria to a high standard.

I was also on placement in a Neurodisability Centre for 3 months. With the support of my clinical supervisor and the multi-disciplinary team I was able to learn how music therapy can support the functional and psychological recovery of patients following a stroke or traumatic brain injury. Alongside this work I also set up and ran a small closed music therapy group for adults with dementia. These experiences showed me how music therapy can meet a wide range of needs including physical, emotional and psychological in group and individual settings. I greatly enjoyed working with both of these client groups and am looking forward to gaining more experience on my second year placement working with children.

This year I was also pleased to publish my first research report in Voices. Again the bursary from the MTC enabled me to spend more time editing the report to meet the high standards of the journal. In the future I hope to continue researching and publishing, with a particular interest in the perception other healthcare professionals’ have of music therapy and how they can best be educated about existing research supporting our work.