

The Music Therapy Charity – MA Bursary for trainees in the UK Report

The training has been a wonderful and challenging rollercoaster. I am a trainee with a young family, and we moved in order to be nearer to the training institution. I used the bursary in three ways.

Firstly, it contributing to the cost of personal therapy. My therapy has been incredibly useful in examining what I bring to relationships and helping me develop towards becoming a more grounded and sensitive music therapist.

Secondly, the bursary enabled me to afford travel for extra-curricular seminars put on by the university. A highlight was an improvisation workshop put on by a visiting lecturer. This workshop had a profound effect on how I thought about sound and improvisation. Without the bursary it would have been difficult for me to access this event as I live away from campus and so it was an additional travel cost. The event was open to students across year groups and so I was able to cultivate relationships with year 2 students, who helped me with insight later in the year. One of the additional key aspects of training is in building relationships with your peers and staff, in becoming part of the community of music therapy.

Finally, the bursary also helped me to purchase a keyboard. Keyboard became a key instrument when working with one of my clients on placement with pre-verbal children with autism. As a guitarist, with no keyboard training, having an instrument at home has meant I have been able continue my musical development. In this way, the bursary helped to broaden my skills and what I can offer my clients.

Looking to the future, I hope to continue my work with people with autism, an area that I find challenging and particularly rewarding.

Thank you MTC!

Notes:

I greatly appreciate the bursary and the work of the MTC, thank you. I would prefer if my report could be anonymous.