

I received a bursary for costs towards working my research project into readiness for submission to a peer reviewed journal. My project was titled ‘How available am I when my belly is full with someone else?’ Music therapists experiences of pregnancy.’ Having experienced a pregnancy during my first year of training, I was interested in understanding how this experience impacts the work of a music therapist.

I spoke to therapists who had experiences of being pregnant whilst also being a practising music therapist and applied Interpretative Phenomenological Analysis to the data to explore different themes within the work. This analysis was shaped by my own experience and uncovered some themes which were new to me, namely the experience of being a maternity cover therapist.

After qualifying, I applied for and was offered a maternity cover music therapist post at a specialist further education college, starting in February. I felt that my research had given me insight into what working as a maternity cover therapist might be like. I remained open to having a different experience than I might have anticipated having after completing this research. I am currently still in this post and it has added another layer of reflexivity to the original project which I feel needs to be acknowledged in order to ready my original paper for submission. The maternity post will come to an end over the next few months and I intend to write a report of how my work has related to my past dissertation and find a way to incorporate this new insight in to my dissertation.