MA Bursary report

Having been given the fantastic opportunity to complete my third and final year music therapy placement in Uganda, I felt very grateful to the Music Therapy Charity for supporting me financially with the placement. The funds helped with flight costs and covered some of the more general living costs including accommodation, food and medical costs.

I worked alongside a fellow colleague for three months at an HIV clinic in the capital, Kampala. Prior to the placement there had been no music therapy at the clinic and I worked closely with staff and clients to create a music therapy programme, co-facilitating sessions for clients across the age-range. These sessions included: Mother and baby sessions; Community sessions; Closed adult groups; Children and youth sessions; and one-to-one individual sessions.

The placement provided me with a fantastic and enriching learning experience which I feel had better equipped me for beginning my career as a music therapist both in the UK and for any potential international work that should arise in the future. Working with vast cultural considerations has challenged my assumptions and encouraged me to continue practising with flexibility and fuelled my passion for working in a variety of contexts. Throughout the placement I feel I grew in confidence within my clinical work and my ability to make professional judgements and decisions.

After the placement, I presented a case study at the BAMT 2018 conference to fellow students from various training programmes. This experience allowed me to build my confidence as a presenter and allowed me to consider how I could develop my future work. I also presented to my fellow third year colleagues in my final VIVA presentation.

I feel very grateful to have been given this opportunity and will carry the experiences I have gained on this placement throughout my career as a music therapist. Huge thanks to the Music Therapy Charity for their generous donation helping to make this placement possible.