

17th July 2019

Ambache Award Report

Dear Music Therapy Charity,

The first year of Music Therapy training has been a wonderfully rich experience. The course has guided me through the history, practice and theory of music therapy, always with music at the core.

The first term of training was heavy with theory and building knowledge of music therapy, human development and how to talk about this elusive practice. I was able to purchase books that will be referred back to over my career, offering new insight for each individual client, for reflection on my work and for continued musical inspiration. Another practical element of the first term was an infant observation. This experience was really useful for my placement as my client was communicating in a way I had seen the infant communicate with her mother in early development.

My placement has been an excellent experience of Music Therapy in practice. I have learnt through supervision from senior Music Therapists and from my clients as built a therapeutic relationship together. My first one to one client, an Autistic teenage girl, has shown me so many ways of communicating with an other. She sang and used the space in a unique and expressive way and I thought about how this might show her experience of therapy, of the classroom and of her daily life. I am really grateful for the funding I received to afford the travel to and from the specialist school each week.

I am already looking forward to the next academic year when I will be on a work placement within the NHS working with adults with mental health issues. Although as we come to the end of this academic year, I am also looking forward to a summer break!

Thank you for your generosity and support. It has helped me to focus on the course and relieved financial pressures such as travel and resources.

Kind Regards,  
Ella Emery