

## **Jess Clarke- Report for Music Therapy Charity.**

**September 2020**

**Research Project Title: “Non-Western instruments represent the breadth of humanity”: An exploration of music therapists’ experiences of using non-Western instrumentation within Western clinical practice.**

I am writing this report to express my thanks and gratitude for receiving a bursary from the Music Therapy Charity to assist in the publication of my research project.

The research project was a qualitative study that investigated music therapists’ experiences in using, and perceptions of, “non-Western” instrumentation within their Western clinical practice, as it was found during a literature review that little research concerning “non-Western” instruments within the field of music therapy existed. This area was also particularly close to my heart, as I often employ the use of a sitar in my therapy practice.

The grant that I received from the Music Therapy Charity has afforded me the much-needed time to re-visit the piece of research, originally written as a Master’s Degree research project, to prepare it for publication in a journal. I intend to submit the research to *Voices*, an Open Access peer-reviewed journal that focuses on the socio-cultural issues within music therapy. I am currently in the process of reworking the research in accordance with the journal’s specific guidelines for submissions. My aim is to submit the piece of research to its intended journal by the end of the year.

Since graduating from The University of the West of England in 2019, I have been working to establish my practice as a self-employed music therapist in Devon, setting up work in a variety of contexts including special schools, care homes for severe and profoundly disabled adults and other community settings. In such turbulent times, this has not been an easy feat, and it has been challenging transitioning and adapting my very newly-established practice online. This, however, has also demonstrated the flexibility and adaptability of the profession of music therapy and the music therapists that work within it. I have also had a great amount of support from the wider music therapy community, which has been terrifically empowering and reassuring. The grant has been particularly helpful during this difficult time where the consistency of my work has been uncertain.

