

For Music Therapy Charity: Year 1 (September 2019 – May 2020)

I am grateful to the Music Therapy Charity for the bursary which, by easing the financial situation, allowed me to focus more on the studies.

Throughout the first year of my studies I was on practice placement once a week, in a hospice for terminally ill adults. It was a great experience and way of learning on my journey to become a music therapist. It was great to observe and experience what music could offer in that setting, and how music could help support people at the end of their life.

This, together with the classes at University, sent me on a journey to find me in relation to music, my instruments and others, for example my course mates. The areas which impacted the most were for instance, learning from peers, improvisation, psychological studies, supervision, placement and personal therapy.

The training asks a lot of you and pushes you to places that you may have tried to avoid, but to become a good professional Music Therapist it is important to know yourself, which includes the difficult experiences.

The bursary from the Music Therapy Charity helped me with taking away some of my worries and gave me the space and energy to focus more in depth on the training to become a professional music therapist.

My plan for the future is to successfully finish my studies and include all my experiences and things I have learned in the process of the course into my practice as a Music Therapist. I will continue to learn and to grow from life experiences and from those I meet, and share and pass on what I have received and learned.