

Music therapy charity MA bursary report

05/11/2021

During my MA music therapy training I attended three clinical practice placements where I worked at an early years opportunity group, a hospice for children with life limiting conditions and a hospital for adults with acute mental health conditions. These placements provided rich and challenging learning opportunities where I gained clinical experience, working with a diverse range of people in different settings.

For my third and final placement, I set up an online music therapy service for a hospice supporting children with life limiting conditions. During the COVID-19 pandemic lockdowns, working online provided a safe way to reach children and families across the UK but it also presented various technical challenges. At a time when my own finances had been severely affected by the pandemic, the Music Therapy Charity bursary enabled me to purchase equipment needed for the placement including, a microphone, interface, mic leads and an ethernet cable to boost internet signal. Using this equipment, I was able to establish a successful service and provide over fifty hours of music therapy to a combined 26 children between November 2020 and June 2021. Feedback from families and hospice staff was very positive and many reported that the music therapy sessions provided a sense of connection and community at a time when their children were shielding and particularly isolated.

I would not have previously imagined online music therapy being possible but through this experience, which was significantly aided by the bursary, I have developed technical and therapeutic skills that I will take forward into my future music therapy career. I have also seen the benefit of working online, to reach people who would otherwise be unable to benefit from music therapy. I would like to thank the music therapy charity for their significant contribution to my development as a music therapist.

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