

Last year, I was awarded £1000 by the Music Therapy Charity. This money was a true enabler in me continuing my studies at the time.

Due to the physical and mental challenges I faced following a diagnosis of Multiple Sclerosis in 2018, I had to cut down (and now have completely left) my paid part-time work. While this was a supportive adjustment, it resulted in financial deficit relating to both the course and my general living costs.

As training therapists, we must receive ongoing personal therapy and this money was able to fund a large portion of this for me during my second year. Therapy has contributed to my wellbeing as a student therapist, and this felt particularly vital during my second year placement on an acute psychiatric ward, where I ran a music therapy group for adult inpatients. In a way, I feel that by funding my personal therapy, MTC has helped me to feel present and well enough to support others therapeutically. Thank you for making this huge difference to my life.