

I'm writing to express my gratitude and thanks to The Music Therapy Charity for their generous bursary during the first year of my Music Therapy MA at the Guildhall School. The funding I received contributed to my psychoanalytic psychotherapy that I have been receiving alongside my course, and has helped immensely during the year, particularly during the covid-19 pandemic UK lockdown. Since starting the course in September, I have grown a great deal, and this has been a direct consequence of the regular therapy, as well as supervisions, clinical seminars, lectures and music classes.

The Guildhall School have been consistently detailed in its approach to Music Therapy and I have learned a lot about so many different theoretical approaches to the profession. My first placement was in a Secondary School for Autism, where I firstly observed a pupil, and later took on my first two clients. This experience was invaluable; I was able to put to practice lots of the skills and techniques that I had been learning, and the constant reflection of sessions in my supervision and clinical seminars has really pushed me to think critically about my own work, and has allowed for a lot of introspection, which I believe is an important skill to have as a Music Therapist. Due to COVID-19, this placement was cut short, and I experienced an abrupt end to the sessions with my clients, which was a difficult thing to process. Furthermore, studying online has enabled me to think creatively about the application of Music Therapy, as well as the different ways in which I could continue to access and thrive from my lectures and seminars. I have learnt a great deal of self-discipline which I'm sure will continue to be tested in my second year, due to the uncertainty of the pandemic.

In September, I will be going to a new placement in the Psychiatric ICU in Charing Cross Hospital. After visiting the hospital, I feel excited about working with adults, as it's not something I've done before. I'm sure the placement will continue to stretch me in unimaginable ways, and I feel ready for the challenge.

I'd like to thank all the contributors of the Music Therapy Charity who help so many students every year access a difficult and challenging Masters' degree. I feel ready and excited to embark on my second year at Guildhall. Whatever the world will throw at us, with the right support along the way, many things are possible.

Nicola Demosthenous