

I am coming up to the end of the first year of my music therapy masters. The funding I received from The Music Therapy Charity enabled me to attain treatment for symptoms of an ongoing health condition which has benefitted my learning enormously. Since starting the course last September, I have learnt so much about myself and how this may affect my practice as a therapist. I have developed as a musician and have learnt music therapy techniques and approaches such as improvisation and songwriting. I have also learnt fascinating theory around interpersonal interactions, early life attachments, different psychological schools of theory, and disabilities and pathologies. My first-year placement has been at a school for children with profound and multiple learning disabilities. I worked on a 1:1 basis with a teenage girl for 6 sessions. Unfortunately, this had to end sooner than expected due to the coronavirus pandemic. Whilst on placement, I also observed a number of individual and group music therapy sessions which were lead by my supervisor. This experience offered me an invaluable level of insight into this particular client group and my first professional client. Due to the coronavirus pandemic, my day-to-day learning moved online for the last term and a half of the year. While at times challenging, this was an incomparable experience in terms of practicing flexibility, adaptation and resilience; all of which are skills that I believe will prevail in my career as a music therapist. In my second year of study I hope to achieve a placement in a pupil referral unit for adolescents, to develop my desired specialism in adolescent mental health.