

Music Therapy Charity Bursary

Being supported by the Music Therapy Charity was of immense value to me. There are so many costs associated with being a student – not to mention the obligatory personal therapy sessions we are required to undergo. The money I received meant that I was able to afford several sessions. This served a huge purpose, as it meant that I was able to let go of a job that was costing me six hours' travel time for five hour's work on a day reserved for study. The relief was huge – the stress of that commitment on top of so many others had led me almost to a point of burn-out before the end of the first term. Learning to be a music therapist requires a lot of self-reflection and evaluation, and with the bursary I then had space to be able to see my situation more clearly. It was akin to stepping off a treadmill.

My Music Therapy training has been filled with challenging yet rewarding experiences, which all require time and space for reflection and evaluation. Working with children with life-threatening illnesses and trauma, to the other end of the age-spectrum of older adults in an acute psychiatric setting, have both been incredibly important in my development of my therapeutic stance. Music Therapy can have a multifaceted way of helping those in need, but for me its position as a non-verbal communicative device for the expression of difficult emotions is perhaps where I feel it is most powerful. Music speaks where words can't. I have seen this effectiveness for both verbal and non/pre-verbal patients. I am grateful to the Music Therapy Charity for allowing me to get back valuable time for the processing of these experiences that would otherwise have been spent stressfully committed to a job in order to carry out the necessary reflective practice of being a Music Therapy student.

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