

## ***The Music Therapy Charity***

### ***MA Bursaries for trainees on Music Therapy Training courses in the UK***

#### **Guidelines for trainee reports**

- 1. Please note that your report will go on a website, so bear in mind confidentiality and consider how much personal information you want to include.**
- 2. Please provide a report at the end of your first year, and another at the end of your second year—or at the end of the course if you are a part time trainee.**
- 3. Please provide a summary of 250-300 words summarising:**
  - Highlights of the benefits of the bursary, to you so far. Please include some examples of your activities on the training course, such as placement experiences (bearing in mind confidentiality, and without identifying people or places), learning from lecturers and supervisors, and your achievements.**
  - How the bursary from the MTC has helped you develop towards becoming a professional music therapist**
  - Plans for your future career**

**Please note that the above reports will be made publicly available in publications and on the MTC website. Therefore please do not mention actual names of placements, course staff or patients. You could mention the course itself, but check your report first with your personal tutor or course leader. If you have any additional comments you would like to make to the MTC please put these below.**

I have just completed the first year of a two-year Masters in Music Therapy with Nordoff Robbins. I am extremely thankful that during this year, I was awarded a bursary from the Music Therapy Charity. As a result, I have been able to spend less time working to support myself, and more time studying to complete my music therapy training to the best of my ability.

My first year of music therapy training has been exciting, filled with many opportunities for growth, self-reflection and learning. I have completed a 4-month placement in a Special Educational Needs school for ages 5-11. During this, I had the pleasure of shadowing and being mentored by a qualified Nordoff Robbins music therapist. This experience has strengthened my desire to become a Nordoff Robbins music therapist.

The course is delivered by exceptionally dedicated tutors, who supervise our work from placement each week, helping me to learn from the therapy sessions I am conducting. For example, developing compassion to work with each client to provide a service which meets

their individual needs. Thanks to the bursary, I have spent more time consolidating feedback from my tutors, which has developed my therapeutic stance.

Alongside this, I have been completing academic assignments, which has established my theoretical understanding of the work. I have been able to produce high quality work as a direct result of the bursary alleviating time constraints and stress.

I am currently carrying out my second placement in an Adult Mental Health facility, where I set up a music therapy provision from scratch. This has been a huge learning experience, and has helped me to develop my confidence as a professional music therapist. The bursary has enabled me to spend more time preparing for sessions and growing in my musicianship skills through more instrumental practice.