

Referrals

Referrals for music therapy come from all areas of Cambridgeshire County Council Children and Young People's Services, Peterborough City Council, schools, health providers, voluntary sector agencies and other professionals. Referrals can now be made using the Single Agency Referral Form (SARF).

For more information about music therapy please see the Cambridgeshire Music website: www.cambridgeshiremusic.org

or contact Cambridgeshire Music on: - cm@cambridgeshire.gov.uk with Music Therapy in the subject line.

Telephone 01480 373500

“Music therapy to me is a sanctuary. It's where I can go at the end of the week to let everything show, such as stress. It's my time, where I can play music as I want to!”



“All of them became more confident to express themselves – they benefitted so much I couldn't believe it.”

Jan Wright, Head of Cottenham Primary School

Cambridgeshire Music



Cambridgeshire Music is the county music service for Cambridgeshire and Peterborough. It provides a wide range of musical activities in schools including vocal coaching and instrumental tuition, classroom teaching and music technology.

To find out more about Cambridgeshire Music or for information about other musical opportunities please visit www.cambridgeshiremusic.org or email us on cm@cambridgeshire.gov.uk

If you would like further copies of this leaflet, or the text on audio cassette, in Braille, large print or other languages, please contact Mary Watkin on 01480 373555 or email Mary.Watkin@cambridgeshire.gov.uk

Design by Cream Ink Limited – www.creamink.com
Photographs by Baby Olive



Cambridgeshire Music
The Old School, Ermine Street North,
Papworth Everard, Cambridgeshire, CB23 3RH
Or email us at cm@cambridgeshire.gov.uk
Or telephone 01480 373555
www.cambridgeshiremusic.org

Music Therapy with Cambridgeshire Music



What is music therapy?

The essential element in music therapy is the development of a relationship between the child, young person and therapist. The aim is to facilitate positive changes in behaviour, emotional well-being and communication.

Music therapy involves a spontaneous musical exchange between therapist and client with the aim of building a relationship through the shared use of sound. The therapist responds to any form of communication from the child or young person – e.g. use of instruments, voice, movement, facial expression. Change and development may happen through these interactions.



What are the aims of music therapy?

Music therapy differs from a music lesson in that the aims are primarily non-musical and include: -

- Increasing communication, interaction and self expression
- Developing an increased sense of self awareness
- Developing awareness of self and others
- Developing co-ordination and motor control
- Increasing self confidence
- Increasing emotional awareness and ability to express feelings

Who can benefit from music therapy?

A child does not have to be skilled at playing a musical instrument to benefit from music therapy. Music therapists work with children, young people and adults, who have a wide range of needs. These could include: -

- Social, emotional and behavioural difficulties
- Communication difficulties including autism or profound and multiple learning difficulties
- Attachment disorders
- Children/young people who have been affected by trauma, bereavement, family dysfunction, adoption, visual/hearing impairment or school exclusion.



Who are Music Therapists?

Music therapy is an established health care profession and therapists are required to be state registered with the Health Professions Council. A high level of musicianship is required and therapists are trained to masters level. Therapists receive regular clinical supervision and participate in ongoing professional development.

hpc health
professions
council

How is music therapy provided in Cambridgeshire Schools?

Cambridgeshire Music established its work with music therapy in 1995 and now operates one of the largest teams of music therapists in the U.K. They work in settings, including mainstream schools, children's centres, nurseries and units attached to schools.

Music therapists provide individual and group assessment and treatment sessions, according to the needs of each child/young person.

Music therapists liaise with other health and education professionals, parents and carers. They provide written reports for annual reviews, attend case meetings and reviews.

Schools/centres need to be able to provide:

- A room for music therapy, which is available each week
- A selection of good quality instruments including a piano or good quality keyboard, guitar and smaller percussion instruments

