

## Music Therapy

We have a provision for Music Therapy at Granta for three days a week, where sessions are run on an individual and group basis. Pupils can be referred by staff and sessions run regularly once a week during term time for those attending. The work can range from short-term work right through to longer-term therapy depending on each pupil's needs. A typical session lasts 30 minutes and might include singing of familiar songs as well as improvised music making with a variety of instruments. Instruments include drums, xylophone, guitar, keyboard, bells, and shakers to name a few. Depending on the pupils needs some sessions may consist of a set of structured activities, whilst other sessions may be more free and open. Anyone from Early Years through to Sixth Form may be referred and can benefit from Music Therapy.

### What is Music Therapy?

“Everyone has the ability to respond to music, and music therapy uses this connection to facilitate positive changes in emotional wellbeing and communication through the engagement in live musical interaction between client and therapist. It can help develop and facilitate communication skills, improve self-confidence and independence, enhance self-awareness and awareness of others, improve concentration and attention skills.

Central to how music therapy works is the therapeutic relationship that is established and developed, through engagement in live musical interaction and play between a therapist and client. A wide range of musical styles and instruments can be used, including the voice, and the music is often improvised. Using music in this way enables clients to create their own unique musical language in which to explore and connect with the world and express themselves.

Music therapy is an established psychological clinical intervention, which is delivered by HCPC registered music therapists.”

*(BAMT “What is Music Therapy?” information leaflet)*