

Often people experiencing challenges with their mental health find talking therapies difficult. Music therapy can therefore, be an effective way of meeting a client where they are right now, making connections and providing vital support in times of crisis. It can also be valuable in helping create the neurological changes needed to help process traumatic memory.

We all relate to music because it connects with what it means to be human. Our bodies work to rhythms, songs can evoke powerful memories, even the way we speak has the tones, rhythm and structure of music.

You don't need to have any musical skills to benefit from music therapy. It's not about being able to play an instrument or learning new musical skills. It's about making a connection and enabling people to communicate and be supported.

Our sessions are conducted by highly trained, registered therapists who use active music-making and creativity to engage and interact with the person referred and work towards improving their health and wellbeing.

Music therapy sessions offer a safe, creative and therapeutic space where people can use music, song or voice as a means of self-expression, interaction and communication, providing the opportunity to be heard, listened to and supported. All carried out through the medium of music which is inherently engaging and expressive.

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Music therapy is widely recognised as an effective clinical intervention in improving mental health outcomes.

Our therapists are experienced in working with clients both at home and in community venues, offering a client-led service which is uniquely tailored to each individual's abilities. Our therapists are all HCPC registered music therapists, have a minimum of Level 3 Safeguarding, and are Access NI checked.

Contact us to find out more.



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Music Therapy In
Mental Health

With the therapist you will work together to reach goals such as:

- Improving mental well-being through enhanced self-expression, using music therapy to improve communication via musical improvisation and song-writing.
- Learning to safely express and manage negative and destructive emotions and beliefs.
- Improving levels of self-confidence and self-esteem.
- Enhancing interaction and communication skills, thereby improving relationships with others.
- Developing strategies to cope and being aware of when to take positive steps to maintain good mental health.
- Improved cognitive skills, focus and concentration.

Every music therapy session is tailored precisely to the needs of the person taking part, for example a session may include:

- Shared musical improvisation using your choice of instruments.
- Listening to, playing or discussing familiar or meaningful music.
- Song-writing, rapping or putting words or lyrics to soundscapes.

Natasha is a 17 year old girl with anorexia nervosa. Her illness has had a massive impact on her self-esteem and confidence.

When approached about attending Music Therapy Natasha agreed to give it a go, but she was very passive in her initial sessions, and chose to participate only through listening.

As the weeks went on, and as Natasha found a trusting relationship forming with her therapist, she began to use her voice to express herself through singing songs that are important to her.

Initially this would have been with the music therapist but as her confidence grew Natasha became comfortable in singing entirely on her own, with the therapist supporting her with piano accompaniment.

This was really empowering for Natasha and she told her therapist that Music Therapy has “helped me realise that I deserve to enjoy music again. There was a while where I told myself I didn’t deserve it.”

Through the sessions Natasha grew in confidence and was able to use the time to express herself through singing songs that were important to her, and even through beginning to write her own song about her journey.

"...using her voice to express herself through singing songs"



"...helped me realise that I deserve to enjoy music again."

