

OUR TEAM

Our Therapists are located across Northern Ireland working in all five health trusts. The team are led by Therapy Manager, Julie Allen, one of the UK's most experienced Music Therapists, with over 20 years clinical experience. Julie oversees the delivery of all services and ensures that the very highest of clinical standards are met.



**JULIE ALLEN, MA
THERAPY
MANAGER**



**EMMA HAMER, MA
SENIOR MUSIC
THERAPIST**



**SANDRA
KILPATRICK
OFFICE MANAGER**

CONTACT US



02890 814417



info@nimusictherapytrust.co.uk



Unit 4 McKibbin House,
Eastbank Road, Carryduff, BT8 8BD

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NORTHERN IRELAND
MUSIC
THERAPY TRUST

*Study Well
Live Well*

**Student Well-Being
Music Therapy Programmes
and One to One Support**



BENEFITS CAN INCLUDE

- Reduced sickness rates
- Faster return to study after illness
- Reduction in loss of students due to symptoms of menopause
- Improved mental health
- Improved team cohesion

WHY CHOOSE US

- Largest team of HCPC registered Music Therapists in Northern Ireland.
- Quick access into services - students can be clinically assessed within two weeks.
- Therapists located across Northern Ireland and can conduct sessions in students homes where necessary e.g. recovery from injury, assisting with the return to study process.
- Highest standards of delivery - all staff are Health and Care Professions Council regulated, Access NI checked, qualified to Masters' level, and have a minimum of Level 3 Child and Adult Safeguarding training.
- Can work alongside other health professionals such as Occupational Therapists and Physiotherapists.

ABOUT US

Northern Ireland Music Therapy Trust was established in 1990 to improve outcomes for those impacted by illness, injury, and disability through the application of music therapy.

Today its vast remit extends into the use of music therapy in a wide range of clinical settings for instance brain injury, stroke rehabilitation, pain management, menopause and mental health, providing over 6,500 hours of clinical delivery each year across diverse settings from hospitals and day centres, to schools and prisons.



WHAT WE CAN OFFER

- Initial in-person clinical assessments within two weeks of referral.
- Bespoke co-designed treatment plans.
- Return to study support both in the students home or university.
- In-house group sessions.
- One to One sessions delivered at the university, hub, or students home.
- Support for students with long-term health conditions.
- Clinical reports.
- Case management.
- Access to instruments.
- Free use of our music therapy hub and recording studio for anyone receiving music therapy sessions.

WHY MUSIC THERAPY IS EFFECTIVE

Music therapy is an evidence-based clinical intervention which uses psychotherapy and music therapy techniques to achieve clinical outcomes.

Music therapy influences neurological changes in the brain, meaning that it is effective for a wide range of conditions including pain management, stroke rehabilitation, brain injury, anxiety and depression, cancer treatment and menopause to name a few.

Music therapy often works where traditional talking therapies fail, as music is an accessible medium for all ages and abilities. No previous musical knowledge is required.