

How support is delivered

Initial conversation

We begin by understanding the setting, the person's needs, and the goals of support.

Assessment

We will work with the client to design clinical goals which are appropriate for that individual.

Therapy delivery

After assessment sessions are usually delivered over a 10 week period.

Review

Progress is reviewed regularly and the treatment programme may be adapted to suit the clients specific needs.



Northern Ireland Music Therapy Trust is the leading music therapy charity in Northern Ireland and has wide range of experience providing music therapy for anybody with with addiction and rehabilitation. Music therapists are Allied Health Professionals and must be registered with the Health and Care Professions Council.

Contact us to find out more.



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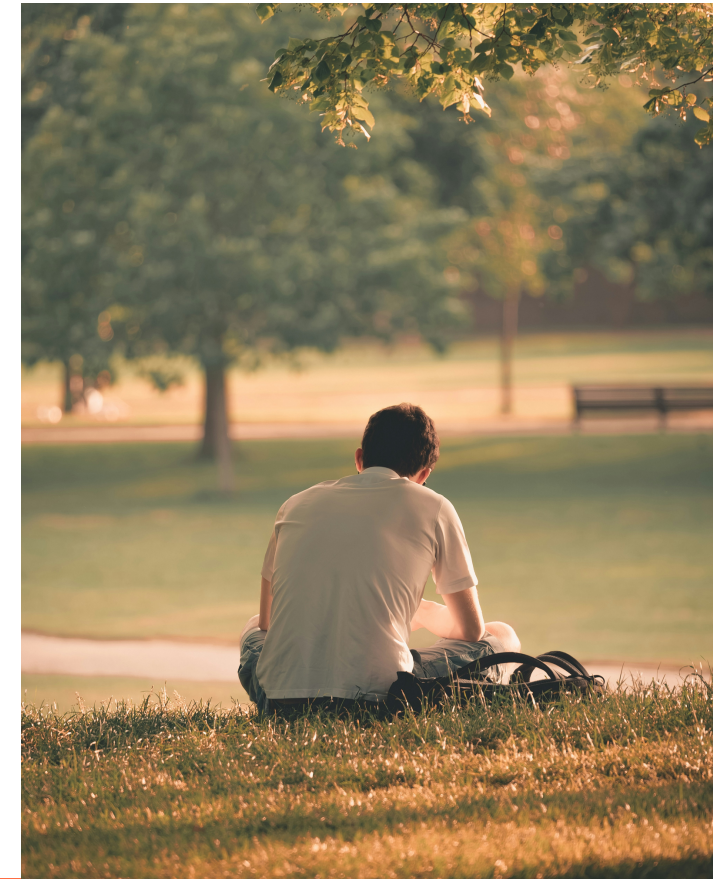
Website:

www.nimusictherapytrust.co.uk

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Charity Number - NIC104523

**Music Therapy For
Addiction &
Rehabilitation**

Music therapy can support people affected by addiction by offering a safe, structured space for reflection, emotional expression, recovery, and reconnection. It can help individuals explore patterns, build resilience, strengthen identity, and develop healthier ways of coping.

Addiction is often a result of an individual experiencing trauma. The therapist can help work with the client to assist with the processing of traumatic memory. Unlike traditional talking therapy, music therapies can influence neurological changes which can aid this process.



Recovery work that supports the whole person.

Recovery is not only about stopping harmful behaviours. It is also about rebuilding trust, meaning, confidence, identity, and connection. Music therapy can support this wider process in ways that feel human, reflective, and emotionally honest.

“Music therapy can offer an effective alternative to traditional talking therapies”

What this service can support:

Emotional expression and reflection

Music can help people explore difficult feelings, experiences, and patterns in a way that feels safer and more accessible than words alone.

Identity and self-worth

Recovery often involves rebuilding a sense of self. Music therapy can support confidence, agency, and personal voice.

Trust and relationships

Shared therapeutic experiences can support connection, boundaries, listening, and healthier relationships.

Regulation and coping

Sessions can help people develop alternative ways of regulating emotion and responding to distress.

Motivation and recovery engagement

Music can increase participation, reflection, and engagement in wider recovery and rehabilitation work.

Flexible support across rehabilitation and community settings

This service may support people in addiction recovery, rehabilitation programmes, community support services, residential settings, and other environments where people are working toward stability, wellbeing, and lasting change.

Sessions can be delivered one-to-one or in groups, depending on the needs of the person, the goals of the service, and the wider context of support.

- People in addiction recovery or rehabilitation programmes.
- Individuals seeking help with their addictions.
- Services seeking relational and creative recovery support.
- Settings wanting to strengthen engagement and emotional wellbeing.

