

Music therapy is a valuable clinical intervention for people of all ages and abilities. Unlike traditional therapies, music therapy can create connections and provide vital support in working towards a range of clinical goals.

We all relate to music because it connects with what it means to be human. Our bodies work to rhythms from our heartbeat to our sleep patterns. 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 musical skills. It's about making a connection and enabling people to communicate. Many people who are unable to interact with others find their voice through music therapy, creating a sense of autonomy and self-agency.

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

Music therapy is an effective clinical intervention which can be used to improve outcomes for people with a range of disabilities. 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 for
Individuals with Learning,
Developmental, and
Physical Disabilities**

The main benefits of music therapy for individuals with Learning, Developmental, and Physical Disabilities are:

- **Communication Skills:** improving verbal and non verbal communication through singing, vocalising and instrumental play.
- **Social skills:** turn taking and interaction through shared music making.
- **Cognitive skills:** improving focus, shared attention and processing.
- **Emotional Regulation:** providing a supported and accessible outlet for feelings, developing self expression and self esteem.
- **Physical skills:** developing movement and motor skills.



Thomas was referred to music therapy by staff in his day centre for adults with learning disabilities. He is non verbal and has autism with a severe learning disability. The referral form spoke of his isolation in the centre and his difficulty with engaging with other clients and in other activities due to episodes of challenging behaviour and obsessive tendencies.

Thomas attended individual sessions every week for 18 months. The therapist offered Thomas a choice of instruments that he could use to improvise with her removing the barrier of language.

After an assessment period, aims set centred on Thomas's ability to interact using the music, becoming more aware of the therapist accompanying him as he played, and developing ways of using the music to converse with each other, mimicking social interactions outside the therapy room.

Thomas showed little awareness of the therapist at first, only exploring fixed patterns of play. As time went on Thomas became more aware of the therapist. Music became more of a dance and conversation between both and these skills were useful outside of the therapy room.

"...removing the barrier of language"



"...developing ways of using the music to converse with each other, mimicking social interactions outside the therapy room."

