

## **Music Therapy - Profession specific descriptor for registered professionals**

Music Therapists draw upon the innate qualities of music to support people of all ages and abilities and at all stages of life; from helping newborn babies develop healthy bonds with their parents, to offering vital, sensitive and compassionate palliative care at the end of life. 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.

### **Wider Determinants**

Music Therapists work across a range of sectors and ages. This can include working with new-born babies to end of life care. Through working with diverse populations, Music Therapists work across organisations to improve the lives of people of all ages using their services. For example, Music Therapists can work with new-born and very young babies to form healthy bonds with their parents, which is important given the significance of the first 1000 days of a child's life. Through Music Therapy sessions, positive parent-child interactions are observed whilst giving therapeutic support to parental wellbeing, encouraging attuned responsive parenting, and increasing behaviours which build secure attachments.

Music Therapists provide support for marginalised communities, for example, a group was established for people from the LGBTQ+ community to enable them to find their voice - metaphorically and physically - through voice work. This also supported and promoted identity work for the people who took part and built resilience and wellbeing within that community.

Music Therapists can also take on the role of social prescribing. For example, a social prescribing project co-ordinated by a Patient Participation Group where General Practitioners can refer patients and carers to the group. The group aims to support memory and reminiscence through music, have a positive impact on mood, provide opportunities for participation and reduce social isolation and provide cognitive stimulation and challenge through musical activities.

### **Health Improvement**

Making Every Contact Count (MECC) is a prominent element of Music Therapy, and Music Therapists include healthy conversations with service users as part of the appointment, using any concerns to signpost people to other services which may be relevant. Music Therapists have a social prescribing mindset and in addition to signposting to clinical services, they will also socially prescribe to community groups that are available in the local area to help address social isolation or other non-medical concerns.

## Population Healthcare

Music Therapists can be involved with the provision of community services and groups which provide support and therapy to support the needs of a variety of conditions and provide a social network that can also be of support and contribute towards the overall wellbeing of the participants for example, a mental health jamming group, which offers support to people with mental health needs, community choirs, stroke choirs, aphasia groups, parkinson's groups, and dementia singing groups. These groups can also contribute to preventing hospital admissions and reducing the use of medication by supporting the participants and providing them with strategies that they can use to manage their condition.

Music Therapists also work in the psychological domain to develop attachment and family bonds such as in cases of adoption or disability. By using music with children who may have attachment disorders, for example, autistic children, Music Therapists can develop the children's relationships with their family through nonverbal musical relationships established by playing instruments together. These relationships form part of a nurturing environment for children.

Music Therapists working in special schools and providing mental health therapy in mainstream schools can provide access to education, support nurturing environments for children, and promote the development of relationships between children and their peers. These may also be able to engage with education better because music therapists have found a way for a teacher to understand how to better support the child or how to meaningfully engage with them.

## Health Protection

Music Therapists have a safeguarding role, working with individuals and vulnerable populations, Music Therapists liaise with social services to establish safeguarding plans where required.

## **Music Therapy - Wider Reading and Case Study Examples**

Health Protection	Wider Determinants <ul style="list-style-type: none"><li>• Music Therapy – AHPs promoting, growing and developing Social Prescribing</li></ul>
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## Population Healthcare

## Health Improvement

- What is the impact of a Neurologic Music Therapy service on an inpatient acute Stroke Unit?
- Evaluating the Impact of Music Therapy for Children with Dementia
- The impact of early intervention specialist music therapy for patients' rehabilitation, recovery, and wellbeing on a major trauma ward