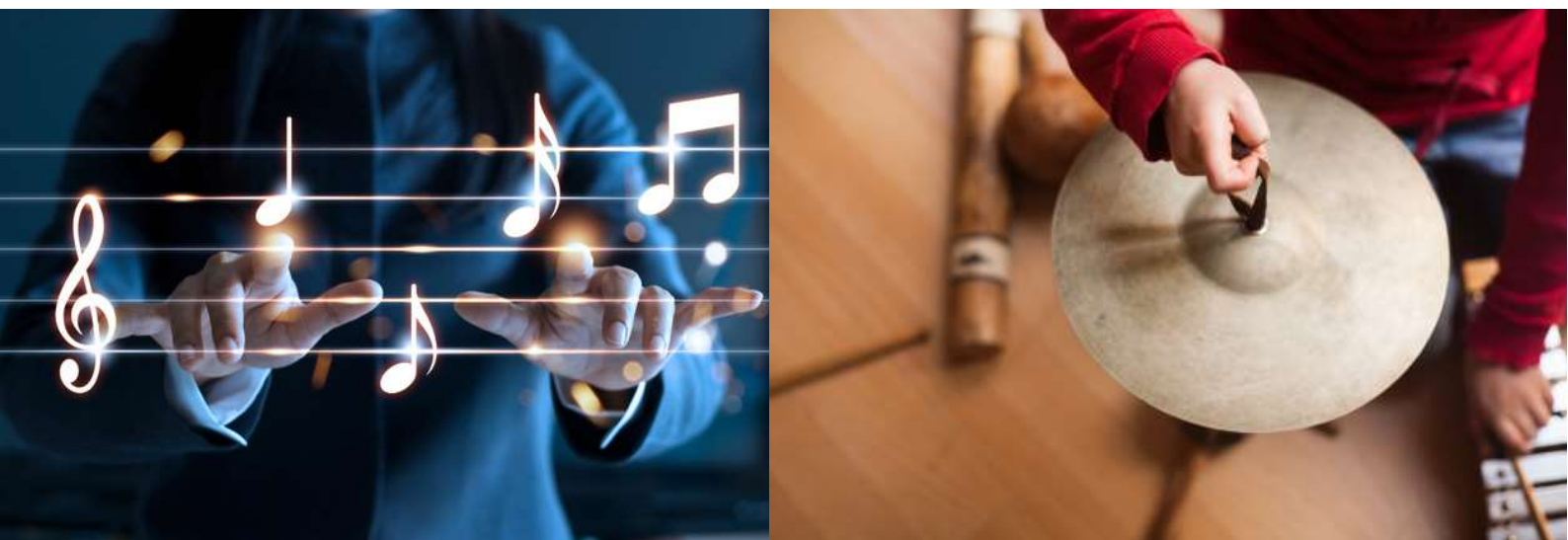




# CRAWFORD MUSIC

## What is Music Therapy?

Music plays a significant role in our lives and can stir up a variety of emotions and memories.



Music therapy is an NHS approved psychological clinical intervention regulated by the Health and Care Professions Council (HCPC). Music Therapy uses our personal connections to music to support and facilitate positive changes for people of all ages and abilities, at every stage of their lives. At the heart of music therapy is the psychological process of creating and the quality of the therapeutic relationship. This is achieved through live musical interaction in a safe and confidential space.

Through our shared music-making, clients can create their unique musical language through which to explore and connect with the world. This can help people express aspects of themselves, including thoughts, feelings and experiences that may be too difficult to put into words.

Sessions involve a range of structured and unstructured musical interventions including song-writing, singing and playing familiar songs, and improvisation (spontaneously created music). A range of tuned and untuned instruments are available to clients and sessions may also involve talking. It is not necessary for clients to have any previous musical experience or skill.

Music therapy can be particularly effective for those people who have difficulty communicating verbally. Here are some of the ways it can help:

- Develop emotional, social, and communication skills
- Manage anger and challenging behaviour
- Cope with the impact of loss and change
- Work with trauma
- Improve concentration and awareness
- Enhance body awareness and/or mobility
- Support sensory processing
- Help sustain motivation
- Build self-esteem and self-image
- Support those living with neuro-disability
- Help those with an acquired brain injury to regain their speech and movement.
- Assist those affected by disability, illness, or injury
- Connect with longer term preserved memories, invaluable for those living with Dementia.

### Please Get in Touch

If you would like to find out more about Music Therapy, please do not hesitate to contact me at:

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