



Joanna Turner completed her postgraduate training as a Music Therapist at Roehampton . She has substantial experience of work with children through the medium of counselling and music therapy.

Jo is director of soundemotive music therapy service. She will be available to meet or phone parents/guardians/staff (at a mutually convenient time), for any discussions. Any thoughts you may wish to share would be valued.

Emma Paffley completed her training at UWE, and has continued to work for SoundEmotive since graduating.

If you would like to discuss music therapy, or would like any further information, please

feel free to contact Jo Turner at

Soundemotive@hotmail.com

Further information can be found at

www.soundemotive.com

support@soundemotive.com

Music therapy and child counselling are important to children processing difficult emotions and experiences.

The children need a safe, confidential uninterrupted space to feel safe enough to explore their fears and/or experiences, it is therefore very important that this space is protected.

The counselling can evoke emotions in the children that are difficult, and therefore when they return to home they should be given a little time to adjust back to their environment.

Outside the door – the music may seem uncontrolled, chaotic, loud, or silent, this does not mean the children are not experiencing therapy, in fact it's quite the opposite, I can only help children if they let me in to their world, therefore therapy is a chaotic and confusing place at times!

The sessions are child led, and at times your child may wish to have you in the room, or to play to you or talk about what they have done.

Some children like to write and perform songs for their loved ones which we are able to record and make a copy off for the child and family to keep. Music can be used to help children with pain and relaxation, and our trained therapists will happily support each individual child with their own musical needs.

Music therapy can be a powerful journey which brings with it a rainbow of emotions.

Soundemotive Music Therapy



www.soundemotive.com

Joanna Turner BMus SRAsT (M) MA

CCC

Registered Music Therapist



What are the aims of Music Therapy?

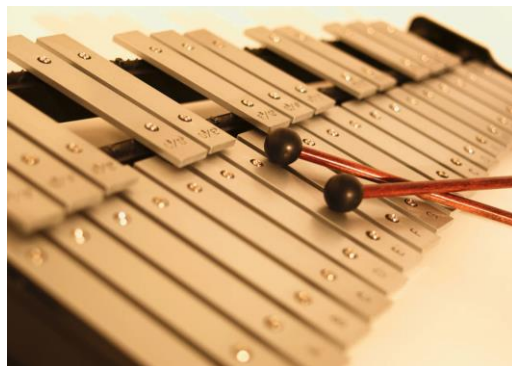
These are usually multiple and can include:

- Developing communication skills and awareness of others
- Developing potential for social interaction
- Providing emotional support
- Developing self-awareness
- Enabling self-expression
- Addressing challenging behaviour
- Improving confidence and self-esteem
- Developing imaginative and creative play
- Increasing/maintaining a sense of identity and independence
- Maintaining a positive relationship
- Working through difficult emotions
- Managing pain and working with relaxation
- A shared musical experience with family and loved ones
- Developing/maintaining motivation, concentration and co-ordination
- Recording music for those we love.
- Allowing time to breathe, collect and reflect.

What Is Music Therapy?

Music Therapy can provide a special place in which the client can express, explore and develop awareness of their feelings in a safe and supported way. It is based on the shared use of sounds and musical instruments. One of the strengths of Music Therapy is that it utilises the common experience (of children and adults alike) that music can sometimes reach places that are difficult to find with words alone.

The clients do not need any particular musical skills and the aim is not to teach them to play, although they may well gain a wider knowledge of and familiarity with musical instruments and their sounds. All Music Therapists are clinically trained to MA level and registered with the Health Professions Council. (see www.bamt.org for more information)



What happens in a music therapy session?

During a session the therapist welcomes the individual/group, using activities and games to help them explore the instruments and build relationships with each other and the therapist. Much of the music is improvised freely, with continuous support from the therapist, although some pre-composed songs may be used. The individual/group may also have the chance to write their own songs about their experiences if they wish. Music therapy is not a music lesson; it's up to the individual how much they join in and sometimes just being there can be enough.



Confidentiality policy

The organisation and Therapist will keep complete, professional confidentiality. However if we feel someone may be at risk this will be communicated immediately.