

# Music Therapy



A diagnosis of a progressive, life-limiting illness can create a storm in the lives of everyone involved. Music Therapy offers the opportunity to express thoughts and feelings that may be hard to put into words, providing the time and space to look at what is happening and how we are responding to it.

It is also a space to explore creativity in a safe, confidential environment with the support of the Music Therapist.

No previous experience or skill is required. Anyone can benefit from Music Therapy. The focus is upon self-expression and connection rather than learning and performance.

Sessions can take place in the Creative Therapies Studio at the hospice, on the inpatient unit, or the Therapist can visit you at home.

## What happens in Music Therapy sessions?

There are many possibilities. You may wish to:

- Use the uplifting nature of music as a resource to aid relaxation, reduce anxiety and assist with pain control. You may just want to listen while the music therapist plays for you.
- Improvise: create music with the Therapist. We have a wide range of instruments, easy to use by musicians and non-musicians alike.
- Write and record songs.
- Explore and share your musical interests.





- Discover new ways to express yourself, providing enrichment at any stage of life.
- Support individuals of all ages in bereavement.

### Who are Music Therapists?

Music Therapists are musicians who have undertaken postgraduate training in music therapy and are registered with the Health and Care Professions Council (HCPC).

### How can I access Music Therapy?

- By talking to any member of Rowcroft staff.
- By ringing the music therapist, via the hospice switchboard on 01803 210800.

You are asked to inform the Outpatient Centre/ Therapist if you feel unwell on the day of your appointment so that the appointment can be cancelled and /or re-arranged as appropriate.

### Outpatient Centre Reception

Tel: 01803 210864

If you require this information in an alternative format please call 01803 210800

### How can Music Therapy help?

In a number of different ways including:

- Offering a means for connecting and staying with the present, to help aid mindfulness.
- Offering a medium for communication and self expression.
- Providing emotional support.
- Improve self confidence and rediscover a sense of self which may have been lost during illness.
- Giving an opportunity to gain a new perspective in difficult times.