

Music Therapy at Coda



The music therapy team at Coda Music Trust runs individual and group music therapy sessions for children and adults with a range of disabilities and special needs. We can also provide advice and information about the use of music and music therapy and offer individual assessments and workshops. All our therapists are state registered with the Health Professions Council.

WHAT IS MUSIC THERAPY?

Music therapy is an evidence based practice that offers opportunities for interaction, self-expression and skills development regardless of illness, injury or disability. Music therapy is primarily a non-verbal intervention that incorporates live, creative music making (improvisation). Music is used by the therapist as a means of interacting and developing rapport with each person, and to assess their abilities and needs. The aims of music therapy may include:

- **Providing the opportunity for communication, interaction and self-expression, even for those with language difficulties or no speech;**
- **Providing emotional support;**
- **Developing skills such as listening, turn-taking, sharing and concentration;**
- **Developing motor skills and improving physical co-ordination through instrumental playing;**
- **Providing opportunity for individuals to explore their own creativity, increase confidence and build self-esteem.**

Clients attending music therapy at Coda come from a variety of backgrounds and settings with the majority being referred by parents, care organisations or other therapists. Most attend for weekly, individual music therapy sessions but group work may also be offered if appropriate. You will be offered a consultation session initially and, if music therapy is recommended, the therapist will agree a therapy period with you (usually up to 12 weeks), which is followed by a review and report. After this period the client may be discharged or a further period of therapy recommended.

**Passionate
about music**

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