

MUSIC THERAPY

AT RIVERBRAE

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What is music therapy?

Music therapy is a healthcare intervention facilitated by a HCPC-registered professional. It uses the natural properties of music-making to break through barriers in communication and development. Music therapists observe people's specific needs and create opportunities to engage in tailored musical activities which address these needs. Every session looks different because every person is different. Music therapy is a fantastic approach for everyone but is specifically helpful for young people with learning disabilities as it circumvents spoken communication and harnesses their natural musical abilities.

What happens in a session?

A music therapy session is individual or group format. It almost always involves mutual music-making, as this activity requires listening, responding, communication, and so many other benefits. Sometimes known songs are used to provide structure and familiarity, or song-writing is used as a creative activity.



Highlights

- Last term: Choir performances at Mosswood Care Home, Tesco Linwood, and the school Art Exhibition.
- 407 perform Auld Lang Syne for the primary assembly on Burns Night.
- Donation of three keyboards (thank you to Susan!).
- New research project exploring the role of music therapy at Riverbrae to be funded for all of 2024.

Spotlight on...Bodhi!

Bodhi happily attends school, and joins in with class activities – so he was an unusual referral to music therapy. However, Bodhi was instantly hooked on improvising music together, as it offered space to be creative, autonomous, and even to break the (musical!) rules. These experiences give Bodhi the confidence to assert his wishes and needs, rather than just following others. Playing on the drums each week has improved Bodhi's rhythm, coordination, and sustained engagement in an activity. Bodhi initially felt less confident on other instruments but is increasingly using the piano and discovering new possibilities for the music.

