

# MUSIC THERAPY

## AT RIVERBRAE



Stella Hadjineophytou *music therapist*

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## Who are Nordoff and Robbins Music Therapy?

During the 20th Century, Paul Nordoff (a composer and pianist) and Clive Robbins (a special educational needs teacher) worked together to develop a way of using music with disabled children to help them navigate the challenges they faced. Their pioneering use of joint music-making became the foundation of the worldwide Nordoff-Robbins approach to music therapy. The Nordoff and Robbins Music Therapy charity was established as a result of their work and training of Nordoff-Robbins music therapists. The charity now partners with hundreds of organisations across the UK to support the most vulnerable people in society. The charity also contributes to the development of global practices through its research department and by training the music therapists of tomorrow.

### How is music therapy different to music lessons?

Music therapy has therapeutic goals rather than attainment goals. Music therapists consider what opportunities someone needs, then facilitates musical activities to help them towards these goals. This looks different for every person, so sometimes, yes, there is a little bit of music teaching involved!



### Highlights

- Reboot of the primary choir from Spring 2024
- Stella presenting Riverbrae music therapy work at the British Association of Music Therapy Conference in May 2024.
- Riverbrae Choir performed for the Parent Council Coffee Morning on Friday 23 Feb.

### Spotlight on...Kyle!

Kyle was referred to encourage communication as he was easily distressed in class. Initially he showed an astonishing aptitude for music but he could not tolerate my input, removing my hands from the piano repeatedly. Over time, Kyle started to accept small contributions from me and communicate what he wanted me to do. Within a few months, Kyle started to enjoy us working together to create renditions of counting songs. Kyle's development in communication in music therapy has been mirrored in class, making his school experience more enjoyable.

