

Music Therapy

Music therapy is a psychological therapy. Within Breakspeare we use music therapy to facilitate positive changes in emotional wellbeing and communication through the live musical interaction between a child and our music therapist and sometimes between parents and children. The sessions are child led and mainly use improvised music, although sometimes pre-composed music is used. At the heart of music therapy is the relationship that is established and developed between the child and our therapist. A wide range of instruments are used, including the voice.

In our pictures you can see the use of a Musii, an electronic instrument used within music therapy at Breakspeare. Here a parent and child are engaging in music therapy, facilitated by our music therapist, to aid the communication of the child and support and enhance the parent/child relationship.

Using music in this way, children can create their own unique musical language in which to explore and connect with the world and express themselves.

