

# *MUSIC THERAPY PILOT*

YSGOL GYFUN GYMRAEG PLASMAWR

*“Music Therapy offers a safe way of expressing and processing difficult experiences without necessarily having to rely on words which may feel too intrusive in their specificity ... or may not capture the quality of their [adolescents] experience” Cobbett (2009)*





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MUSIC  
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*MRS. C. PALLOT:  
DEPUTY HEAD*

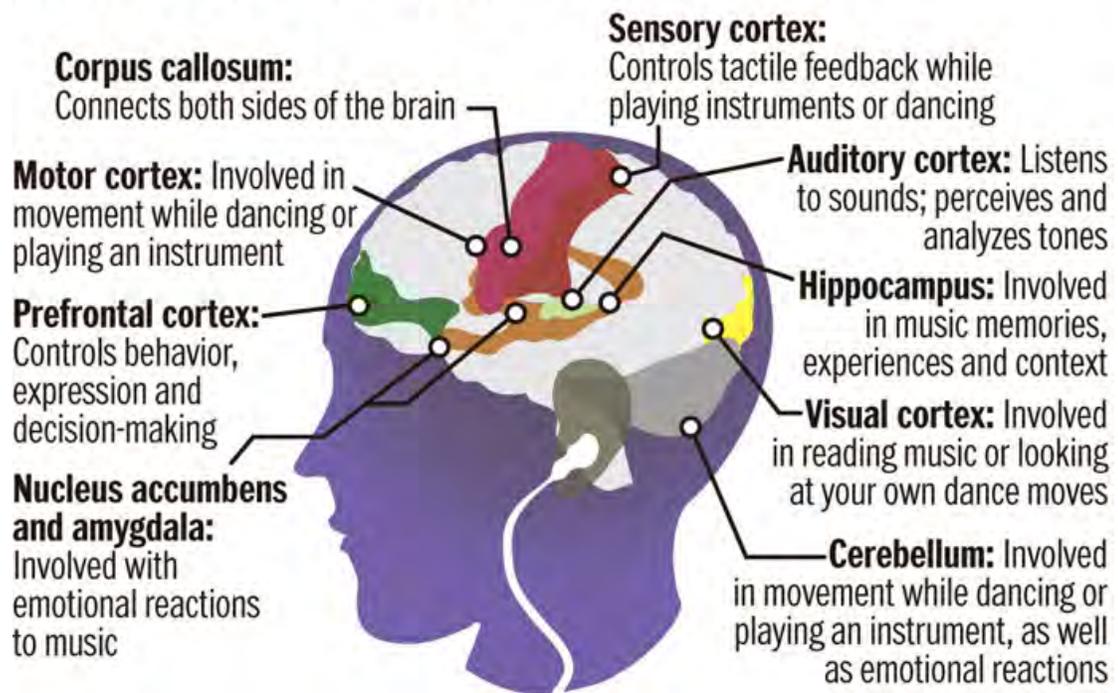


# *WHAT IS MUSIC THERAPY?*

- Music Therapy is an established psychological clinical intervention.
- Music can result in a safe output when experiences and/or emotions are difficult to live with, to understand and articulate.
- It is not an enriching activity or musical education therefore no musical skills or interest in music are required.

# Music and the brain

*Playing and listening to music works several areas of the brain*



SOURCE: Music for Young Children

DESERET NEWS GRAPHIC

## *MUSIC THERAPY CAN HELP TO:*

- Explore thoughts and express feelings
- Develop co-ordination and concentration
- Increase self-awareness and others
- Improve self-esteem and build resilience



Photo: <https://www.musictherapy.org.uk/Youth-at-Risk.html>



## *MUSIC THERAPY CAN HELP TO :*

- Improve social interaction and communication skills
- Improve listening and language skills
- Enhance relationships with family and peers
- Encourage spontaneous and creative play



*RESEARCH*



*MENTAL  
HEALTH AND  
EMOTIONAL  
WELLBEING*



*MUSIC  
THERAPY AT  
YSGOL  
PLASMAWR*



*MUSIC  
THERAPY AT  
YSGOL  
PLASMAWR*

*THE BRITISH ASSOCIATION FOR MUSIC THERAPY*  
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