

CONFIDENTIALITY

Therapy is confidential. However, we have a obligation to share with the Designated safeguarding leads regarding disclosures around serious crimes. We also have a duty of care to prevent harm to yourself or others. These limits to confidentiality are also be explained in full at your first appointment.

What can I do if I need help immediately?

If you live in *Waltham Forest, Redbridge, Barking and Dagenham or Havering*, you can call the NELFT Mental Health Direct telephone helpline service for help and advice, anytime of the day or night, on **0300 555 1000*** We have somebody on the other end of the line who can help.



Email:

Admin@hopwellschool.co.uk

OR

Andy.ruddy@hopwellschool.co.uk
(Music Therapist)

GOALS

Music Therapy goals may include: socialization, sensory stimulation, cognitive stimulation, relaxation, pain management, emotional support, anxiety management, deep breathing, voice projection.



MUSIC THERAPY

Here at Hopewell we offer a range of therapeutic services for our students who may require additional support.

Here is some insight on Music therapy

HOPEWELLSCHOOL.CO.UK

WHAT IS IT?

Music Therapy is a form of psychological therapy where we explore music, musical instruments and sound together, communicating in a way that doesn't always need words. This can be a supportive and helpful way for young people to understand themselves and their feelings better, particularly when using words feels difficult. There is no right or wrong way of playing the instruments - the emphasis is on encouraging self-expression and play.



MUSIC THERAPY MAY BE HELPFUL FOR...

- Exploring and expressing thoughts and feelings (both with and without using words)
- Creativity and spontaneous play
- Social interaction, listening and communication skills
- Increasing awareness of self and others
- Concentration and attention span
- Confidence and self-esteem



The music therapist can help you even if you find talking difficult.

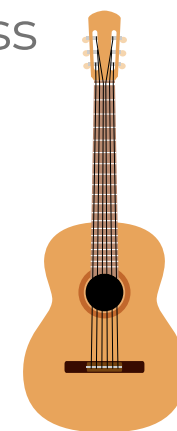
Some people find music helps them to express themselves. This helps them feel better.

You might find you learn new things and have some fun.

The therapist is there to help you.

They will listen to you and respect your feelings and privacy.

Sometimes sharing your feelings with the music therapist can help you. It may help you feel less upset or lonely



Who will be there?

You will usually see the music therapist on your own.

Sometimes there will be music therapy groups. These groups may be big or small.

How long will the music therapy last?

- The music therapist will talk to you about when and where you are going to meet.
- How long you see the music therapist for will depend on what you want to work on.

Do I have to be good at music?

You do not have to have previous music experience. The music therapist will help you with your music.

Music therapy is not like a music lesson in school. Your work will not be marked by a teacher.

The idea is that you can express yourself freely using musical instruments.

You decide who will listen to your music.

