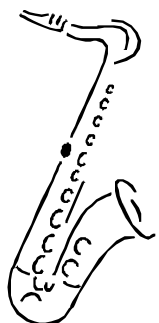
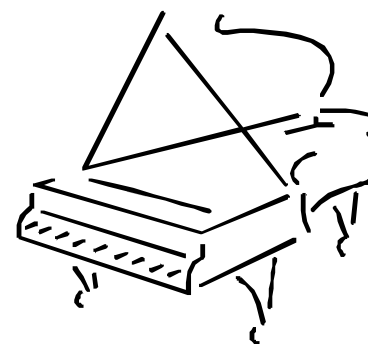
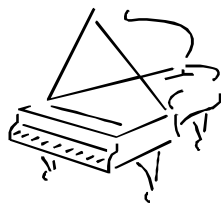


Music Therapy  
at  
Francis House



Brigitte Schwarting  
Music Therapist

## INTRODUCTION

As humans we all respond to music. It affects us on various levels :-

- 🎵 an instinctive one
- 🎵 an intellectual one
- 🎵 an emotional one

If listening to music involves our whole self then actively making music does so to an even greater extent.

## MUSIC THERAPY SESSIONS

As a trained Music Therapist I offer individual Music Therapy sessions to parents, grandparents and relatives included who wants to come and explore our wonderful music room, equipped with lots of usual and unusual instruments.

At the beginning of a session, music is improvised to suit the mood of the person. I try and simulate vocal and/or instrumental response and then work on expanding and developing that in a joint music-making session. Normally the sessions are recorded on mini-disc and evaluated.

The music is an important means of communication for the non-verbal child/adolescent or for people who find it hard to talk. It can have a relaxing as well as a stimulating effect; it might distract from pain, regulate breathing and help to access and express (sometimes difficult) feelings. It provides a space in which to play, to experiment and to be in control and have some fun.

## MUSICAL GROUP SESSIONS

On a Wednesday afternoon there is an open and spontaneous group session around the piano in the lounge for children, parents and members of staff; half an hour of singing, playing an instrument, listening or dancing.

## CONCERTS

There are monthly concerts given by students of the Royal College of Music or Chetham's School of Music, which take place in the lounge.