



Will Lawton trained as a Music Therapist at University of West of England. This MA qualification has enabled him to register with the British Association of Music Therapy (BAMT) and the Health & Care Professions Council (HCPC).

Will is a highly skilled musician and singer-songwriter who works with children and adults, groups and individuals in numerous settings including schools, hospitals, private homes and community-based mental health.

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British Association of Music Therapy
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MUSIC THERAPY



**An insight into how music therapy
is used within schools**

What is Music Therapy?

Music Therapy is not the same as music tuition: its purpose is not to teach a child how to play an instrument but to allow them to translate their emotions and psychological processes into expressive music in order to release feelings, repair them and heal. Music can offer an alternative method of communication or expression where words are not an option or are inadequate. Some feelings are just too heavy for words to carry – but music always finds a way to express them.

What are the aims of Music Therapy?

The aim is to bring out a child's creativity in order to develop positive changes in behaviour, emotional and physical well-being and communication. Clinical objectives vary depending on the child and can include:

- *Developing self-expression, communication and social skills*
- *Increasing awareness of self and others*
- *Helping the child to manage difficult feelings*
- *Addressing challenging behaviour*
- *Building confidence and self-esteem*
- *Encouraging self-motivation, concentration and co-ordination*

How does it work?

Music Therapists aim to provide a secure space in which children can express themselves, explore, communicate and interact, using music as a bridge. The therapist will use music and speech to respond to and support any form of communication from the child. Using the powerful, emotional medium of music, the therapist can gain useful new insights into the unique way the child experiences and relates to the world. Through this process, the child can develop awareness of his/her feelings and find ways to interact more easily with others.

Over time, Music Therapy can support children in discovering new ways of playing, being creative and relating to others, leading to increased emotional wellbeing.

