

Music therapy for learning disabilities - Information

My name is **Ed Muirhead**, I'm a **music therapist**, registered and regulated by the Health and Care Professions Council (HCPC number AS 16038).

Music therapy is an established clinical intervention, using music to support and encourage wellbeing. For people with learning disabilities, it can aid self-expression and communication, as well as helping movement and coordination.

The sessions may include **music-making, singing or playing instruments**, directed by and tailored to the people involved. They will run **individually or in small groups**, starting at the same time **weekly**, lasting **30-40 minutes**.

Initially there will be an assessment period where people can get to know the therapist, and we can determine if music therapy is beneficial.

Sessions are typically audio recorded to assist with supervision and review of work. Recordings may be described in anonymous case studies, to share information about the work. Privacy and confidentiality will be maintained at all times. You may decline recording without affecting music therapy provision.

If you have any questions, please feel free to ask me.

Ed Muirhead, face the music

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