

Music therapy for mental health - 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 well-being. It requires no prior musical skills, and has been shown beneficial in the treatment of mental health problems. It can help people explore challenging feelings, express themselves creatively, improve their motivation or help to build their self-esteem.

The sessions include **music-making, singing or playing instruments**, directed by and tailored to the people involved. They run weekly for **individuals or small groups of 2-3**, lasting **30-45 minutes**. There are usually a few assessment sessions to help determine if music therapy may be 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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