

## 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 wellbeing. It requires no prior musical skills, and has been shown beneficial in the treatment of mental health problems.

The sessions will include a range of **music, singing and 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**.

There will be an initial assessment period of 4 sessions, where people can get to know each other, and 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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