

# IMPROVING LIVES WITH MUSIC THERAPY



**EVERY  
DAY  
HARMONY**  
MUSIC THERAPY

## Music Therapy

Every Day Harmony is the brand name of the Northern Ireland Music Therapy Trust. We change lives for the better using the power of music.

The Northern Ireland Music Therapy Trust was established on 26 July 1990 by Dr Michael Swallow OBE. Since then we have helped thousands of people, from children with complex needs to people who are terminally ill.

Music Therapy is widely recognised as a highly effective health intervention. Professional music therapists are Allied Health Professionals and are registered and regulated by the Health and Care Professions Council.

Every Day Harmony is passionate about, and committed to supporting, people who find communication and interaction difficult. This may be for a defined period in someone's life or as the result of a lifelong condition. We believe that because music is a fundamental part of being human, it crosses all barriers. Year after year and person after person we see the evidence of that.

Our vision is: "To see every child, young person and adult in Northern Ireland receive the level of music therapy service that meets their need".

## Making a referral

Referrals can be made by parents, carers or any professional working with the client such as GPs, health visitors, paediatricians, speech and language therapists, social workers, psychologists, psychiatrists, or teachers. Adults are welcome to self-refer.

**Services will be delivered as Outreach or in our specially adapted therapy room in Carryduff.**



# Our Services

## Music Therapy

### One-to-One Sessions

All clients are assessed before treatment is offered. We would normally offer 3 assessment sessions to see if music therapy will be of benefit, and to establish therapeutic aims. A music therapy assessment can provide a valuable contribution to other types of assessment such as for Autistic Spectrum Disorder, Developmental Delay or Dementia.

The minimum number generally recommended for music therapy treatment after assessment is ten sessions. This has been proven to see the best outcomes and sustainability of skills after the treatment has finished.



**“Every music session is tailored precisely to the needs of the individual receiving therapy.”**

### Groups

Open to all ages we can deliver group sessions into your organisation; day care facilities, community groups, education and outreach programmes, and residential settings.

Music therapy enables clients to make a connection, communicate and find their voice. By engaging in music making, we can develop communication, social, cognitive and physical skills as well as improving health and well-being.

- Session length is variable depending on the setting



**“Choices, thoughts and opinions valued.”**

## Residential Care Homes

Music Therapy is a valuable clinical intervention for people of all ages and abilities. It can work where other treatments cannot, making connections and providing vital support.

Music therapists use musical techniques to engage with the resident and offer a safe space to interact and communicate and provide the opportunity to be heard and listened to.

We offer individual and/or group music therapy sessions tailored to needs of your residents.

**“Music therapy gives people living with dementia a chance to express themselves, to communicate without needing to find the right words.”**



## Little Music Therapy Groups - for babies and toddlers

These sessions provide live interactive music and are designed to nurture the bond between parent and baby in an enjoyable and creative environment. Music therapy promotes the development of both verbal and non-verbal communication skills through a mixture of structured musical activities and free improvisation.

Ages:

1. Birth to Crawlers
2. Toddlers (age 1 to 3)
  - 10 x weekly sessions

**“The child is supported in developing social, emotional, physical and cognitive skills.”**



## SEN Schools

Every Day Harmony Music Therapy provides clinical music therapy services to SEN schools throughout Northern Ireland. The outcomes from music therapy for children with learning, developmental and physical disabilities include improvements in:

- **Communication Skills:** improving verbal and non-verbal communication through singing, vocalising and instrumental play
- **Social skills:** through shared music-making, developing eye contact, turn-taking, interaction
- **Cognitive skills:** improving focus and shared attention within musical activities
- **Emotional and psychological support:** providing an alternative outlet for feelings and developing self-expression and self-esteem
- **Physical skills:** developing movement and motor skills through playing instruments



# Therapist-Led Services

## Workshops

We can deliver workshops into work venues, schools, residential care homes, supported living and day centres to show your staff team the principles of music therapy. The music therapist will provide an overview of a number of different techniques that can be incorporated into your work, and outline the benefits not only in terms of social, cognitive, communication and physical development but give a sense of togetherness, confidence, creativity and overall emotional wellbeing.

- Recommended 2 hour sessions



**At our Workshops you can expect to:**

- **Take part in the experimental music making**
- **Improve knowledge of using music with vulnerable individuals**
- **Feel more confident to use music in daily care work/teaching**

## Pop-up Choir

Why not have a little fun and improve the well-being of your staff/group by developing a choir in you organisation.

Singing increases the oxygen in the blood, releases feel-good hormones, and improves self-esteem, memory, posture and breathing.

- Recommended minimum 10 weekly sessions



**“The Pop-up Choir provides an opportunity for everyone to be in the moment, express themselves and have fun!”**

## Other Services

### Clinical Supervision

Clinical supervision is an important and integral part of all therapeutic work and it is our responsibility to meet the standards set by the HCPC. The collaborative process provides the clinician with a space to reflect on and develop their own work while monitoring the effectiveness of the therapeutic interventions.

Through support and discussion, areas of difficulty can be explored and techniques and theoretical knowledge expanded to best meet the needs of the clients.

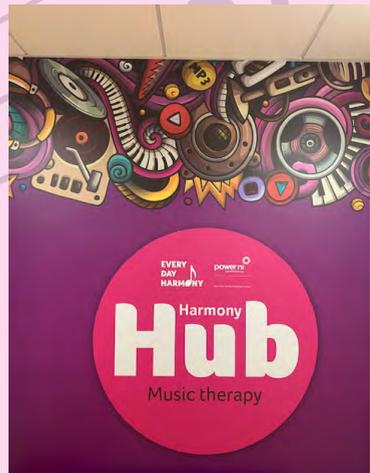
Every Day Harmony is able to offer a clinical supervision service either in person or via email or Skype.

Please contact us for more details.

### Room Hire

A fully equipped therapy room for hire suitable for individual and group therapy work

Hourly and daily rates available - please contact us for more details.



# EVERY DAY HARMONY

## MUSIC THERAPY

Contact us to find out more

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