

# Music Therapist

Music therapists use music and sound to help improve people's emotional well being, relieve stress and improve confidence.



What makes a good therapist?

### Related subjects you could study

Psychology/ Music/ Health and Social Care

### What you'll do

You'll encourage clients to explore sound and communicate through music, to help them with:

- expressing themselves
- developing insight and creating ways of relating to other people
- becoming aware of their feelings
- interacting with other people more confidently
- bringing about positive changes in their lives

You'll hold **group** and **one-to-one therapy sessions** with clients who have:

- learning disabilities
- emotional, behaviour or mental health problems
- speech and language difficulties
- an injury or illness or are recovering from an addiction

You'll monitor the effectiveness of the therapy sessions, and **write case notes and reports.**

Many music therapists **work in the NHS**, although there are opportunities for **work in private practice**. You could also be self-employed as a freelance music therapist.

Your work will usually take place in a specially equipped music room. You'll usually **see the same client or clients, in the same place at the same time each week.**

You could also work in **schools, hospitals, prisons and day centres.**

Watch the clip

[A career in music therapy - NHS](#)

