



Steph Fiford
Music Therapist

Steph had a career as an early years and primary school teacher, before training as a music therapist at Roehampton University. She graduated in 2019 and works in both employed and self-employed contexts, in and around Portsmouth.

For Key Changes, Steph works in two special needs schools, with children and young people who have physical, emotional, behavioural and social needs. She works with many children with autism, as well as those with profound and multiple learning disabilities and other complex needs. Steph finds music and sound a unique tool through which positive relationships can flourish for children who find communication and social interaction challenging.

In other work, Steph uses music therapy to support adults living with dementia in residential care settings. She also works musically with children with visual impairment and their families, as well as supporting adopted children and families in the local area.