



Annual Music Therapy Conference 2023

Music therapy – the sooner the better



Saturday 18th November,
9.30 – 12.30 & / 1.30 – 4.30pm

Winchester University,
West Downs Centre,
Romsey Road,
Winchester SO22 5FT

Welcome!!!

...to our Annual Conference 2023 and hope you find it helpful... useful... restorative... inspiring. This year we are focussing on children, and the importance of getting in there early – allowing their voice to be heard, working on their self-confidence, helping them on their journey. But how does music therapy help children? What are the special qualities about music and the approach of the skilled professional which can be of such personal, life-enhancing benefit to children who are otherwise struggling?

In each half of the day there will be a music therapy case study, a discussion group on how music therapy benefits the child, an opportunity to play, and a KEYNOTE presentation.

We are delighted to welcome as our KEYNOTE: Dr. Claire Flower, Consultant Music Therapist, Chelsea and Westminster Hospitals NHS Foundation Trust.

The day will appeal to professionals working with vulnerable children and to parents wanting to find out about music therapy on behalf of their child; it will appeal to music therapists as CPD, to student music therapists and to those interested in music therapy as a career.

With this printed programme please find an **evaluation form** which we would greatly appreciate you completing and leaving with us before you go, to help us plan future events.

Beccy Read, Lead Therapy Co-ordinator

Running order:

Breaks are in blue

Key Changes personnel are in green

Arrival time: from 9am

TEA / COFFEE

9.30 Welcome! Jim Squire, Chair of Key Changes, with Key Changes therapists.

9.35 *Music therapy with a visually impaired child in year R.* Helen Pegler

10.15 Discussion forum with case examples: *Meeting the child where they are.* How music therapy gives the child a voice in their own treatment. With the Key Changes therapy team.

10.55 TEA / COFFEE

11.10 Practical session – exploring our thinking through musical play.

11.50 KEY NOTE: *Tuning up and tuning in: making connections through music therapy with children, families and those around them.* **Claire Flower** – consultant Music Therapist for Children's Therapies, Chelsea and Westminster Hospital, London. Morning content.

12.30 LUNCH BREAK – tea / coffee available, and live music from **TANT**

Completion of feedback forms for those staying half-day only.

13.30 Case presentation: *Music Together - working with refugees from Ukraine.* Diane Byrne

14.10 Discussion forum: *Let's think about music therapy referrals for children.* Led by
Susannah Wettone

14.50 TEA / COFFEE

15.05 KEY NOTE: *Tuning up and tuning in: making connections through music therapy with children, families and those around them.* **Claire Flower** – consultant Music Therapist for Children's Therapies, Chelsea and Westminster Hospital, London. Afternoon content.

15.45 Practical session – exploring our thinking through musical play.

16.25 completion of feedback forms – half or full day.

16.30 close.

Presentation summaries, in conference order:

Music therapy with a visually impaired child in year R

The work being presented today highlights the value of seeing children in their first year of school and the various challenges found when presented with clients with visual impairment. The presentation aims to demonstrate the steps taken to identify and practically address their additional needs and the thinking that went into providing this tailored therapeutic care. Seeing isn't always believing; the musical link is.

KEY NOTE PRESENTATION

Tuning up and tuning in: making connections through music therapy with children, families and those around them.

There is a wealth of music therapy literature focusing on work with children. In recent years, the importance of considering the child in relation to others has gathered momentum. Therapists increasingly approach practice by seeing the child in relation to others, whether family, peers, or other important figures involved in their lives. Or do they?

At the end of each half of the day, Claire hopes to 'open the doors' of the music therapy room. Using stories and music, she will explore the ways we might tune in to the potential connections with people, place, and music that the child brings to music therapy. She will consider how such connections might inform, extend, and even disrupt what music therapists offer, and conclude with reflections on paths to travel as we seek to work well together with children and families.

Music Together - working with refugees from Ukraine.

In February 2022 the world watched on in shock as Russia invaded Ukraine in what they termed a "special military operation". In the following months thousands of people fled Ukraine looking for safe haven in friendly countries. Many families arrived here in the UK and there remains a large number of Ukrainian refugees spread throughout the country. Fleeing from war brings so much more than physical, economic and social issues. Many people, including children carry with them trauma, bereavement, fear, a sense of disbelief and loss. In an attempt to support the refugees, we at Key Changes have worked closely with Winchester City of Sanctuary to provide emotional and psychological support to refugees living in the area. Initially we started working with adults, but we came to realise that there is a real need amongst the children and young people and we are providing music therapy opportunities to help them.

In this presentation Diane will seek to give an overview of the input we have been able to offer, with a focus on the work with children, which is still ongoing. This will include a short case study of work with a child with PTSD.

Presenters' biogs, in alphabetical order by surname:

Diane Byrne

Having begun my working life as a teacher specialising in music and special education, I completed my training as a music therapist at Roehampton Institute in 2004. As a music therapist I have worked with a wide range of client groups within schools, nursing homes, adult day services and private clients at their homes. Initially working with learning disabled adults and children, I went on to develop my work in dementia, mental health, dual diagnosis and trauma. This led to my recent work with Ukrainian refugees, working with both adults and children. When I am not working I enjoy a very active time with my family: being outdoors, running, cycling, open water swimming, hiking, kayaking and horse riding. I also enjoy cooking, reading and making music with family, friends and as a reserve organist for several of my local village churches.

Claire Flower

Claire Flower is Consultant Music Therapist for Children's Therapies at Chelsea and Westminster Hospital, London. She also works at Anglia Ruskin University facilitating Together in Sound groups with people living with dementia and their companions. Claire is co-editor of the book 'Music Therapy with Children and their Families', and her doctoral research investigated aspects of practice with children and parents in a Child Development Service. When she's not working, she might be found on a hillside, often with an accompanying dog!

References for Claire's KeyNote today:

Jacobsen, S.L. and Thompson, G. (eds.) (2017). *Music therapy with families: therapeutic approaches and theoretical perspectives*. London: Jessica Kingsley Publishers.

Wood, J., Sandford, S., and Bailey, E. (2016). "The whole is greater". Developing music therapy services in the National Health Service: a case study revisited', *British Journal of Music Therapy*, 30 (1), 36-46.

Helen Pegler

I graduated from the Roehampton University Music Therapy course in 2011 and began working with Key Changes in 2012 in a residential care home for adults with epilepsy. In an ever-challenging social care setting, I have continued to provide support to clients in their home environment to date. Over the years I have, additionally, taken on opportunities to work with children of all ages and complex needs in Special Needs Schools. I have also enjoyed working with adults in supported-living environments all through Key Changes recognition.

Susannah Wettone

Susannah gained her Masters in music therapy in 1999 and has been working on the Key Changes team since 2004. She has worked with a variety of client groups, with a particular focus on Early Years. Recently she has expanded her work to include children in mainstream schools who are struggling emotionally.

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