



Annual Music Therapy Conference

2022

Just when we thought it was safe...

Saturday 26th November,

10 – 4.30pm

Itchen Abbas Village Hall,
Main Road, Itchen Abbas, near Winchester,
Hampshire SO21 1BQ

Welcome!!!

Each autumn, **Key Changes Music Therapy** runs a conference which is open to all music therapists, music therapy students and others who are interested in finding out more about music therapy. It provides continuing professional development, an insight into a future career and information for those considering accessing music therapy on behalf of potential recipients.

Our annual conference is a well-established event in the UK music therapy calendar, attracting delegates from around the country. Eminent professionals from the world of music and music therapy have given presentations or run workshops at this highly regarded event, including: Luke Annesley, Ros Blackburn, Catherine Carr, Rachel Darnley-Smith, Mary-Clare Fearn, Helen Loth, Risenga Makondo, Dr. Helen Odell-Miller, Dr Julian O'Kelly, Prof. Amelia Oldfield, Martin Read, Stephen Sandford, Valerie Sinason, Elaine Streeter, Julie Sutton, Catherine Warner and Tony Wigram.

At the June '22 monthly meeting of the Key Changes therapy team, we'd set ourselves the task of coming up with a focus for this year's conference. We were deep in thought when one of the team broke the shocking news that Roehampton University was considering axing the Masters course, along with other arts therapy courses. Roehampton – where so many of us trained, our Rock, our Foundation.

So...***Just when we thought it was safe***... was born.

This is a current feeling through so many walks of life. We seem to be teetering on the edge.

We are excited to welcome our presenters today and hope you find it helpful... useful... restorative... inspiring.

Please complete an evaluation form before you leave, to help us plan future events.

Thank you

Running order:

Breaks are in blue

Key Changes personnel are in green

Arrival time: between 9.45 & 10am

TEA / COFFEE

Please visit the book table, where you can purchase / order:
Intercultural music therapy consultation - Lisa Margetts, author

10.00 Welcome! Jim Squire, Chair of Key Changes, and Key Changes therapists.

10.05 *The song is ended, but the melody lingers on* (Irving Berlin) - the evolution of a group set up for a bereaved class. **Minna Harman**

10.35 *Some sing to remember, some sing to forget:* Music therapy with people experiencing homelessness in Swansea during the pandemic **Jo Humphreys**

11.15 TEA / COFFEE

11.25 *George's Lullaby:* A case study of the use of Music Therapy to support parents and their infant on a palliative pathway **Kirsty Ormston**

12.05 Practical session – exploring our thinking through improvisation.

12.45 LUNCH BREAK – tea / coffee available, and **live music** from **TANT**
Please enter the Raffle to support Key Changes therapy work – **great prizes!**
Please visit the book table, where you can purchase / order:
Intercultural music therapy consultation - Lisa Margetts, author

13.30 Discussion forum: ***But what about me?*** led by **Leigh Warren-Thomas**

14.20 *Music Therapy and Biodiversity: adapting practice and thinking around climate emergency*
Dr. Elizabeth Coombes & Rebecca Sayers

15.00 TEA / COFFEE

15.10 KEY NOTE: *Being with Change*
Anna Seymour - Professor of Dramatherapy

16.10 *Closing play... ending by 16.30*

Presentation summaries, in conference order:

The song is ended, but the melody lingers on (Irving Berlin) - *the evolution of a group set up for a bereaved class.*

Minna Harman

The presentation will describe the development and evolution of a group, set up to support a class of profoundly disabled children, following the loss of class mates.

Some sing to remember, some sing to forget: Music therapy with people experiencing homelessness in Swansea, Wales during the pandemic

Jo Humphreys
Nordoff Robbins, UK

At a time when staying home has been central to our lives, the crisis of homelessness has never been more pertinent; having somewhere safe and comfortable to call home is not only a fundamental human right but, as exemplified during the pandemic, an issue of public health. At the start of the COVID-19 crisis, local authorities across Wales provided emergency accommodation for 2,266 people, 407 of whom had been sleeping rough. The Wallich, a leading Welsh homelessness charity, is an organisation that has been instrumental in this effort. In partnership with Nordoff Robbins, the largest independent music therapy charity in the UK, a music therapist began working at a hostel operated by The Wallich in the city of Swansea in August 2020. A qualitative therapist led research project on this work began in late 2021. This presentation will be informed by the research findings, providing a general snapshot of the role music plays in this specific context, whilst focusing on how the inherent flexibility, versatility and richness of musical engagement meets the complexities of individuals presenting with physical and mental illness, trauma, complex life circumstances, substance misuse and addiction. The devastating economic, health and social impact of the COVID-19 pandemic is likely to exacerbate the homelessness crisis in the UK further. Music therapists and music therapy providers have a role to play in proactively responding to this growing area of need and using their unique expertise to provide crucial support to join the shared movement to end homelessness for good.

George's Lullaby: *A case study of the use of Music Therapy to support parents and their infant on a palliative pathway*

Kirsty Ormston

Having an infant diagnosed with a life-limiting condition is a stressful time for parents and has been shown to have an impact on parental mental health. Music Therapy, when provided by an HCPC registered Music Therapist with enhanced Neonatal training, can empower parents to share culturally based, personal music with their infant to assist with developmental care and create precious memories. These positive experiences are vital to hold in order to continue bonds after death and assist in processing grief.

This case study presents a full-term infant with surfactant deficiency. Weekly Music Therapy was provided on the Neonatal Intensive Care Unit (NICU) with parents and infant following the Rhythm Breath Lullaby: First Sounds approach. It was then used again at the end of the infant's life at the family home.

Music Therapy provided a focus for the family while on the unit and supported family integrated developmental care of the infant. The relationship developed, along with the music shared, then supported the family emotionally and physically as parents held their baby at end of life.

It's thought that this is the first time Music Therapy has been provided on the NICU through to end of life at home with the same Music Therapist. Music Therapy on Neonatal Unit is uncommon in the UK but has potential to support infant comfort whilst supporting the sharing of parent identities. Music Therapy has the potential to provide a focus that enables parents, who have a heightened awareness of the proximity of loss, to interpret, play and comfort their infant.

'But what about me?' *A forum to explore and discuss the demands of offering therapy, the impact that clinical practice has on the therapist and ideas to keep ourselves well, safe and fit for practice.*

Introduced by: [Leigh Warren-Thomas](#)

Music Therapy and Biodiversity: *adapting practice and thinking around climate emergency*

Dr Liz Coombes & Rebecca Sayers

Many governments around the world have declared a Climate Emergency. A wide range of organisations, including those focussing on the arts, healthcare and education are working towards sustainability goals in their practice. As music therapists and music therapy providers, we believe it behoves us to explore what aspects of our work have a carbon footprint and an impact on biodiversity and to develop our practice in a way that is environmentally responsible. This presentation explores how music therapy might interact with Climate Emergency. It also reports on a small research project in Wales that looked at how music therapists consider travel and resources in their work, and actively suggests ways that our profession might seek to develop to reduce emissions and become more sustainable.

KEY NOTE PRESENTATION

Being with Change – Anna Seymour

Everything is in a state of flux and as creative therapists we need to embrace the constant presence of change whilst at the same time recognising core therapeutic principles which call on the need for consistency. Acknowledging the turbulent times we are living through, in this paper I will reflect on the nature of different types of change, the sources, challenges and implications of change and how we might respond as therapists. The paper will also consider the resources we need to meet change and ask what might we tolerate? What might we resist?

Presenters biogs, in alphabetical order by surname:

Dr Liz Coombes has been an HCPC music therapist for over 20 years. She is currently the Course Leader of the MA Music Therapy training at the University of South Wales. Liz's research interests include the identity of the C21st music therapist, and how our practice has the potential to impact public health. A recent project included supporting parents of premature babies to be empowered to use their singing voices with their babies, and this has now developed into student placements where we are looking at best practice recommendations in this area of work. Liz tries to live and work in a sustainable way, and hopes that the music therapy profession can be part of this change.

Minna Harman qualified as a music therapist in 2000 from the Royal Welsh College of Music and Drama. Since then she has worked mainly with children and adults with Learning Disabilities, autism and/or sensory impairment. Minna works for Key Changes in a Community Special School for children who have complex learning difficulties. Alongside her Key Changes work Minna also works with vulnerable children unable to attend school and in a children's hospice, supporting children and young people with life limiting or life threatening conditions, and their families. Minna enjoys working with a diverse community of people with varying and complex challenges. She is passionate about providing an environment in which the individual can explore and express their own unique qualities, communicate and find their 'voice' through music, movement and playful interaction. She is interested in working with health, social care and education colleagues collaboratively, both in clinical work and as a mentor, coach and supervisor.

Jo Humphreys BMus, MMT(NR)

Originally from the Welsh town of Aberystwyth, Jo completed an undergraduate degree in music at King's College London and whilst there studied the flute at the Royal Academy of Music. She worked as a freelance musician and instrumental/vocal teacher before training on the Nordoff Robbins Master of Music Therapy programme in London. After qualifying in 2013, she began her career as a music therapist with Nordoff Robbins; working in a diverse range of settings and at the Nordoff Robbins London Centre, the world's largest dedicated music therapy centre. In 2016 she relocated to Swansea, where she now works as a Facilitative Music Therapist supporting the growth of Nordoff Robbins in the South West of England and South Wales. Currently, her clinical work is with people with acquired brain injuries, learning disabilities, autism and mental health concerns. @Jo_the_MT

Kirsty Ormston has worked as a music therapist with families for almost 10 years. With specialist knowledge in newborn behavioural observations and family integrated care, Kirsty specialises in working with neonates requiring complex care and their families on neonatal intensive care units. Kirsty developed the therapies service at Noah's Ark Children's Hospice where she is the therapies team manager and developed and provided music therapy services on Great Ormond Street, University College London and Barnet Neonatal units supporting families from birth to end of life and post death. Kirsty is keen to develop culturally aware MT programs for parents on neonate units nationally.

Becca Sayers has worked as a music therapist in the North-West of England and South Wales with a wide range of clients. She set up and ran 'Singing for Lung Health Cardiff', and has been a lecturer, supervisor, and placement officer at the University of South Wales. Becca enjoys collaborating with other arts therapists as part of the Creative Therapies Collective. Currently Becca is the Colleague Wellbeing Lead practitioner for Llamau, a Welsh charity working to end youth homelessness in Wales, and supporting those facing or experiencing homelessness and domestic violence. Becca is passionate about living sustainably, environmentally, and ethically, and is working hard to influence her workplaces to make their practices as environmentally friendly as possible.

Anna Seymour PhD, PFHEA HCPC registered Dramatherapist is Emeritus Professor of Dramatherapy at the University of Roehampton, London and a Principal Fellow of the Higher Education Academy. She is Visiting Professor of Dramatherapy at the University of Osijek, Croatia, honorary member of the Societa Professionale di Dramaterapia (Italy) and an international trainer and consultant to several Dramatherapy programmes across the world. She has worked as a Dramatherapist and clinical supervisor in a range of settings. She has a background in professional theatre with and for working class communities and was associated with more than 30 shows, devising, directing and performing work. As an academic she has taught theatre praxis and given lecture series in the Drama departments of several leading UK universities including the Universities of Manchester and Birmingham. Former Editor of the British Association of Dramatherapists Journal, she is Senior Series Editor, *Dramatherapy: approaches, relationships, critical ideas* published by Routledge/Taylor and Francis.

Leigh Warren-Thomas qualified in 2002 at the GSMD, London, and has been in continuous practice as an outreach therapist ever since. She has worked in a number of clinical fields, including adult mental health, learning disability, early years intervention and dementia, and is also a clinical supervisor for other music therapists. Leigh has a special interest in the welfare of therapists and has presented on this topic at Key Changes conferences and BAMT network meetings. Alongside her clinical work, Leigh is a therapy coordinator for Key Changes, and in her spare time enjoys singing and playing her clarinet – everything from cathedral evensong to Klezmer!