



KEY CHANGES MUSIC THERAPY

Annual Conference 2018

Music Therapy - the BIGGER PICTURE

Presentations from...

Owain Clarke
Veronica Austin
Lucy Pickering
Christina Lydon & Juliet Wood
Leigh Warren-Thomas
Amanda Lapping

Saturday 17th November

West Downs Centre,
University College,
Winchester,
SO22 5HT
Hampshire

Welcome!

Today we're looking at how music therapy impacts on therapists, clients and support staff beyond the music therapy room. How do we know that change is happening? How do we look after ourselves as music therapists? How do support staff view music therapy?

Key Changes therapists are joined today by 4 highly experienced external presenters, providing presentation-style and practical inputs. Past Conference alumnae now include: Luke Annersley, Ros Blackburn, Rachel Darnley-Smith, Mary-Clare Fearn, Risenga Makondo, Helen Odell-Miller, Julian O'Kelly, Amelia Oldfield, Martin Read, Stephen Sandford, Valerie Sinason, Elaine Streeter, Julie Sutton and Tony Wigram.

Make the most of the breaks to chat / network/ reconnect – and enjoy the music of **Tant** over lunch.

For those who selected the improvisation workshop, there'll be opportunities to explore our feelings on today's focus. For those who will be at the supervision workshop, we'll all be playing to the end the day.

Woven into today is an important anniversary:

KEY CHANGES 10th birthday!!

*There will be cake...with many **thanks to Louise Neale** – chief chef!*
Trustees and admin staff will be joining us for this at 2.30pm – they like cake!

This annual conference is a well-established event in the UK music therapy calendar, attracting presenters and delegates from around the country. While most of us here today are music therapists, we are pleased to welcome some music therapy students, 2 of whom are currently on placement with Key Changes therapists.

We hope you find today helpful and thought-provoking.

Please, before you leave, complete your evaluation form and leave it with us.

Thank you for joining us,

Beccy Read,

Key Changes co-ordinator

CONFERENCE PROGRAMME

Whole group sessions are all in WD9

Breaks are in **blue** in the Gallery

Key Changes personnel are in **green**

Arrival from 8.30am TEA / COFFEE available.

9.00 Welcome!

9.10 Owain Clarke

From therapist to teacher – adapting a relationship to a child's needs and progress.

9.40 Questions

9.50 Veronica Austin

Expanding the Clinical Picture - what can adolescents who have severe learning disabilities feed back about their experience in individual music therapy and why is this important?

10.20 Questions

10.30 COFFEE / TEA & BISCUITS

11.00 Lucy Pickering

Music Therapy: supporting training and recovery pathways to enhance dementia care

11.30 Questions & leg stretch

CONCURRENT WORKSHOPS

Time	11.45 – 12.45	11.45 – 12.45
Room	WD8	WD9
Title	Approaches to reflective practice for exploring and informing a supervisory relationship.	Practical session: thoughts on Music Therapy's <i>Bigger Picture</i> . Improvisations & discussions.
Personnel	Christina Lydon & Juliet Wood	Key Changes therapists facilitating
Delegate no.	Maximum 20	No maximum

12.50 LUNCH – with **live music** from **TANT** - lower Gallery.

13.50 Leigh Warren-Thomas

If you drew a picture of your therapy practice, what would it look like?

14.20 Questions

14.30 HAPPY 10th BIRTHDAY, KEY CHANGES! Tea / coffee

Key Changes Trustees, admin staff and volunteers will be joining us.

15.00 Amanda Lapping

'To Infinity... and Beyond!': The changing face of music therapy practice in learning disability health teams.

15.30 Questions

15.40 Closing play...

16.00 Please complete your **Feedback Form** – thank you.

16.30 Close of day – see you in 2019!

Presentation summaries, in Conference order

Owain Clarke: From therapist to teacher – *adapting a relationship to a child's needs and progress*

As music therapists, we need to protect our professional distinctiveness, clearly differentiating between music therapy and educational music making. We sometimes hear music therapy sessions with children being described as "lessons", and this needs to be rejected in order for music therapy to maintain its distinctiveness and achieve its potential. But what happens when the needs of the child change, or when practicalities dictate that therapy can no longer continue, and yet the child can clearly benefit from a learning-focused input? Is it possible to make a successful change from therapy to teaching, whilst maintaining the best interests of the child and holding on to the gains achieved in therapy?

This presentation looks at working with a boy on the autistic spectrum in two contexts. Since receiving a year of music therapy in his mainstream school, he has subsequently received piano lessons in the therapist's house. Such a transition had to be carried out with a full consideration of some complex boundary issues. The presentation explores these issues.

Veronica Austin: Expanding the Clinical Picture - *what can adolescents with severe learning disabilities feedback about their experience in individual music therapy and why is this important?*

This presentation is based on findings from a PhD study currently being carried out by the presenter at Anglia Ruskin University, to investigate the music therapy assessment and evaluation procedures undertaken with this client group. The importance of enlisting clients in the assessment and evaluation process is underpinned in HCPC professional standards and evidenced-based practice, but the procedure is far from being routinely implemented and presents a number of challenges for people with learning disabilities. With this in mind, an interviewer-directed questionnaire was piloted with two adolescents with severe learning disabilities in individual music therapy to see what questions they might be able to understand and answer about their music therapy. The same questions were also put to their parents, school advocate and music therapist to create a multi-perspective view. This presentation however, will mainly focus on the approach, participation and responses of the young people.

Lucy Pickering: *Music Therapy: Supporting training and recovery pathways to enhance dementia care*

East London NHS Foundation Trust, in collaboration with City and Hackney Dementia Care Alliance, are piloting an exciting project looking at how a music therapist can enhance the skills of care staff within advanced complex dementia and mental health care. The project is focused on working in partnership with voluntary sector organisations and care homes. In this presentation Lucy Pickering (Music Therapist) will share findings and outcomes from the 12 month project which has involved the development of training sessions for staff and carers to use music to benefit service users on dementia wards and in care home settings. The project has supported carers to engage in meaningful ways with their service user relatives through music making, and staff to gain the skills to support therapy input appropriately and effectively.

This presentation will provide an overview of the project and will reflect on the outcomes of the project, and the opportunities involved in short term project work as a means to develop services.

PRACTICAL WORKSHOP:

Christina Lydon & Juliet Wood: *Supervision and Reality. Approaches to reflective practice for informing awareness and exploration within a supervisory relationship.*

Supervision is a vital aspect of music therapy clinical practice and is supported by the BAMT guidelines and HCPC standards of practice. The profession has drawn on relevant theory of supervision from other disciplines, such as psychotherapy, and there is now an established understanding of the practice of

music therapy supervision itself. This workshop is an opportunity for participants to look reflectively at their own experiences of supervision both as supervisee and, if relevant, supervisor. The presenters will draw on established music therapy supervision practice, models from alliances with other professionals and personal experience of their own evolving supervisory relationship to discuss a dynamic experience of supervision. There will be opportunity to consider participants' varied experiences of supervision to refresh our perspectives of being supervisors and supervisees.

Leigh Warren-Thomas: *If you drew a picture of your therapy practice, what would it look like?*

Some thoughts and suggestions on how we think about healthy professional practice. How does the therapist fit into that picture? How do you think or feel about your practice? What's useful? What's missing? Presentation with opportunities for discussion and participation!

Amanda Lapping: *'To Infinity... and Beyond!':* The changing face of music therapy practice in learning disability health teams.

This paper was co-presented at the BAMT conference this year with Claire Gillespie, who is not able to be here today. We wanted to focus on our work with People with a Learning Disability and how this has changed over the 20+ years we have been working, thinking how we use our knowledge from the therapy room outside it.

Presenters' Biographies in alphabetical order:

Veronica Austin

In the past 28 years, since qualifying, Veronica has enjoyed working as a music therapist with many young people who have learning disabilities, and their families. She has worked in a wide variety of special schools in Surrey and Hampshire and in the community, both as a self-employed music therapist and local authority employee and for charities such as Rhythmix and Key Changes Music Therapy – as well as its former incarnation Hampshire MusicSpace - and has presented at many music therapy conferences over the years.

Veronica has always been inspired and challenged by the many ways young people like to use music therapy and curious about how to capture and communicate the difference that music therapy can make and this has been a thread in all aspects of her work. Aside from clinical work Veronica currently provides clinical supervision to music therapists and runs her own private practice for individuals and groups, between 2008- 2014 she taught on the MA Music Therapy programme at Roehampton University, from 2013-2015 Veronica worked at Chelsea and Westminster Hospital, London carrying out an evaluation project to assess the impact of music therapy with children and their families and currently she is undertaking a PhD at Anglia Ruskin University under the guidance of Helen Odell-Miller, which you will hear more of in her presentation.

Owain Clarke

After a period of activity on the Jazz and World Music scenes, Owain Clarke studied Music Therapy at UWE in 2000-2001. Since this time has worked in a range of settings, particularly autism, neurology and mental health. He subsequently studied Neurologic Music Therapy and in 2015 completed his Masters, again at UWE.

Owain also teaches guitar, piano and harp, and maintains an active musical life with the duo *Tant*.

Key Changes Music Therapy

Key Changes has been providing Music Therapy in Hampshire and some bordering areas since 2008, and previously as the Hampshire branch of the MusicSpace Trust since 1996.

Having received the blessing of the MusicSpace Trust to launch as an independent charity, the Hampshire branch took on the new name: Key Changes Music Therapy in 2008. There are currently 14 part-time music therapists providing a mostly outreach provision within and beyond the geographical area of Hampshire. In-house therapy is also available, at the charity base. Key Changes clients range in age from pre-school to older age, from across a broad needs base. The majority of the Key Changes therapy team is here today.

To keep up to date with Key Changes' developments and activities, go to: www.keychanges.org



Amanda Lapping has worked for the NHS for over 25yrs. She is currently the Arts Therapy

Lead for the Learning Disability Directorate within Surrey and Borders Partnership NHS Foundation Trust. As well as her clinical work she provides input into the multi-disciplinary supervision group for people with complex needs, positive behaviour support clinic and skills teaching groups.

Claire Gillespie (who originally co-presented with Amanda Lapping) has worked for the NHS in the Scottish Borders for the past 20 yrs, working within a large integrated health and social care service. She has chaired the multi-disciplinary CPD planning group since 2008, which hosts all day events for the whole service twice a year. In 2015, Claire joined the MSc Music Therapy programme at Queen Margaret University as part time lecturer.

Christina Lydon is the Music Therapist at Treloar School & College, which supports children & young adults with physical disabilities in Holybourne, Hampshire. She previously worked in a variety of education settings and has held NHS posts as a Paediatric Music Therapist in a Child Development Service and a Music Therapist in a Primary Mental Health worker role in two central London Child and Adolescent Mental Health Teams.

Lucy Pickering is a music therapist working in Mental Health Care of Older People for East London NHS Foundation Trust. Additionally she works as a music therapist in a specialist school in Kingston for Orchard Hill College Academy & Trust. Lucy also holds a Masters in vocal performance and sings as an Alto lay clerk for St George's Cathedral, Southwark.

Tant (<http://tantmusic.com>) is a duo consisting of **Owain Clarke** (harp) and Jon **Leadbeater** (tabla). In concert, at festivals, conferences and celebrations of all kinds, they play beautiful music to inspire, create moods, enthrall and delight. Jon and Owain have also taught music together for many years, providing workshops for schools, colleges, businesses and at festivals.

Owain has been playing music since the age of 11. His inspiration for harp playing was first triggered while performing with roots combo La Cucina in 1994, and he has been playing harp ever since. His Welsh roots led him to explore the medieval Robert ap Huw manuscript, and he has combined this passion for traditional forms with an understanding of contemporary music. He is also interested in exploring and developing the musical connections between the Celtic harp and the traditions of West Africa, the Middle East, India and Spain.

Jon began playing tabla in 1987 working on the Banaras Tabla Gharana system of training inspired by Pandit Sharda Sahai, of whom he became a student in 1990. He was encouraged to spend more and more time developing his repertoire by this great tabla master. Jon has performed a myriad of concerts, festivals, recordings, workshops and taught Tabla since 1998 in the South of England, the UK, Spain, France and Portugal in a wide variety of classical and fusion ensembles, most notably Tant. His fluid and complex style is deeply connected to the improvisatory nature of both Indian classical music and the jazz form.

Tant has a CD in the pipeline...

Leigh Warren-Thomas

Coming from a background of retail, business publishing and education, Leigh took a complete change of direction to train as a music therapist, qualifying in 2002. She has worked as a self-employed, outreach therapist in a number of clinical fields, now specialising in early years and dementia. Leigh has a strong interest in therapists' well-being. Her focus in this field concerns what may enable or inhibit healthy clinical functioning or may cause imbalance, and is an advocate of an holistic approach to appraising therapeutic work, with the therapist as a central part of that process. Leigh offers clinical supervision; she is also a qualified counsellor in private practice and mentors students in higher education. In between all that thinking, Leigh enjoys making music with friends, singing and playing in a variety of small groups.

Juliet Wood is Clinical Specialist Music Therapist and Joint Team Lead for the music therapy service at Chelsea & Westminster Hospital where she has worked for 9 years. As well as running a private music therapy supervision practice, she has also worked as a Music Therapist in a variety of NHS and educational settings with children and adults with learning disabilities and mental health needs.

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