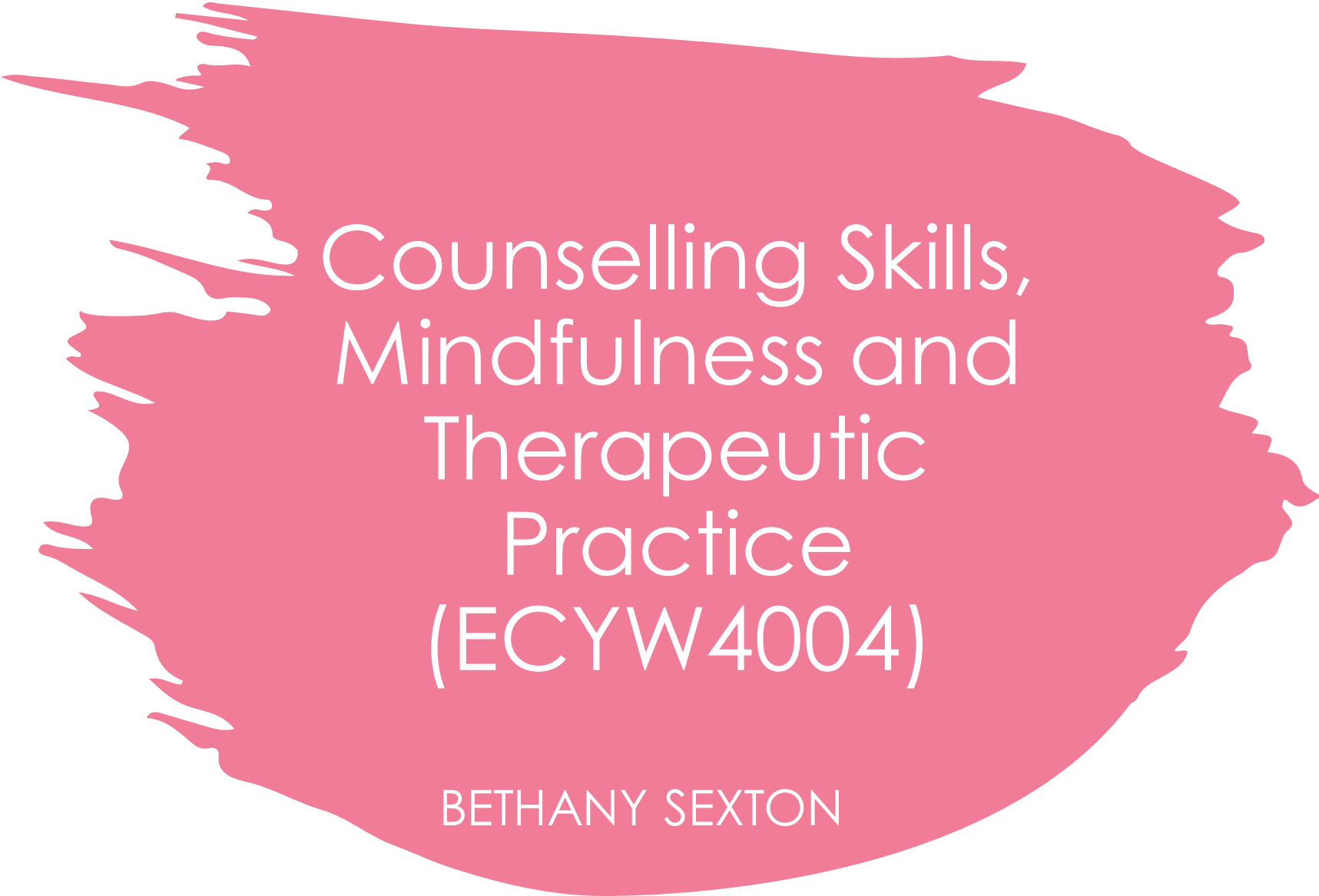


A large, irregular pink brushstroke shape serves as the background for the text.

Counselling Skills, Mindfulness and Therapeutic Practice (ECYW4004)

BETHANY SEXTON



(Shah, 2021)



(Jardaneh, 2020)

(Teaching Expertise, 2024)



(Read-Bone, 2023)

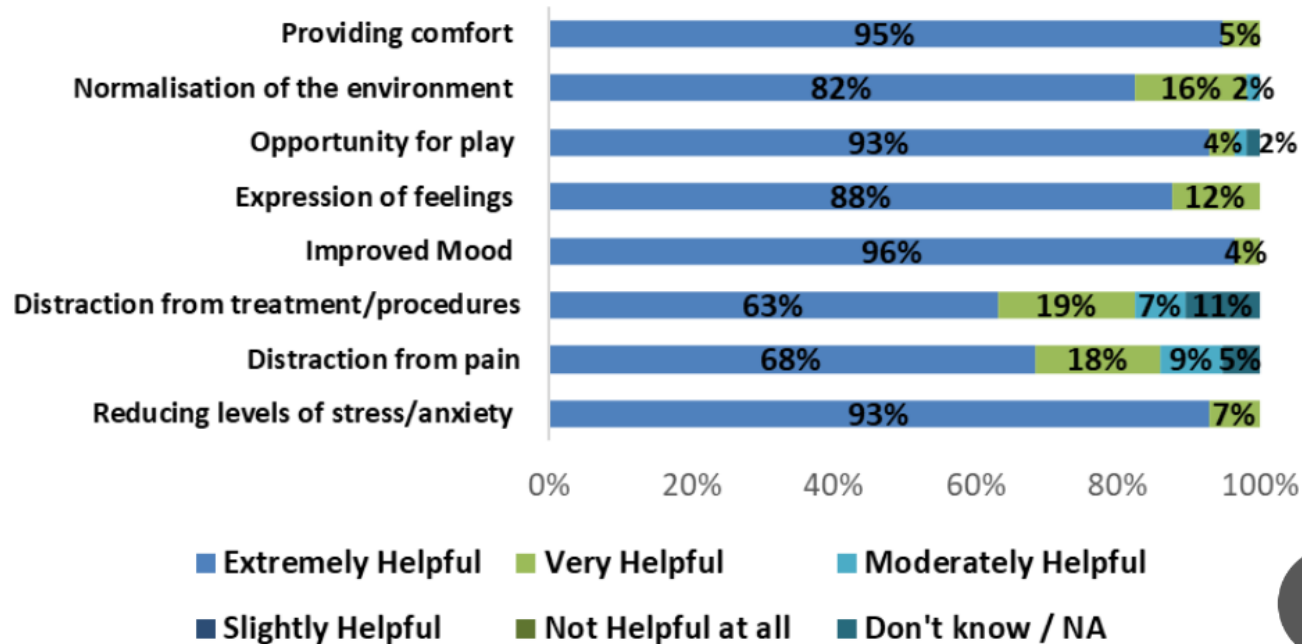


(Kundin, 2023)

(Malen, 2019)



How helpful is music therapy for your child during their stay in hospital



(Great Ormond Street Hospital, 2021)

86% of patients in music therapy claim that their social and interaction skills have improved significantly in correlation to their participation.

1.6 million music therapists worldwide.

26,000 music therapists in the US.

(Soocial, 2024)

1,013 music therapists in England. (NHS England, 2023)



(Do Good Jobs,
2023)



(JAGA
Workspaces, 2021)



- How can we connect through the expressive arts?
- How can the expressive arts be active?
- How can the expressive arts help you to take notice?
- How can the expressive arts facilitate you to keep learning?
- How can the expressive arts enable you to give?

(Health in Mind, 2024)

ACTIVITY

- You will each have three small cards.
- I will play 30 seconds of three instrumental pieces.
- I will give you one minute in between each piece to complete the task.
- The task is for each of you to write down three words or phrases on each card of how the piece made you feel or something that you become aware of while listening to the piece.



(Heyman, 2021)



(Manno, 2023)



(Nightbirde, 2022)

*"Music can change the world
because it can change people."*

-Bono-

(Nabi, 2012)

Conclusion

- YW01 – Initiate, build and maintain meaningful relationships.
- YW07 - Apply youth values and beliefs with young people.
- YW18 – Engage with young people to promote their emotional wellbeing and mental health.
- YW19 – Develop a culture and ethos that promotes inclusion and values diversity.

(CLD Standards Council Scotland, 2019)

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