

Music Therapy

Music therapy uses music to address physical, emotional, cognitive, and social needs in children and young people. It can be particularly beneficial for children with special educational needs and disabilities (SEND).

At Churchfields, we have a qualified **music therapist** who tailors sessions to meet each child's needs.

Music therapy involves using music to help children:

- Express emotions
- Improve communication and social skills
- Build self-confidence and creativity
- Develop fine and gross motor skills

FAQs

Do children need musical skills to participate?

No prior musical ability is needed!

What happens in a music therapy session?

A music therapy session might include:

- Playing instruments (e.g., drums, piano).
- Singing.
- Listening to soothing or stimulating music.
- Moving or dancing to music.

How long does music therapy take?

Group sessions typically for around 20 minutes and may be offered weekly.

Can my child have music therapy?

For children with music therapy specified in their EHCP, their sessions are prioritised to ensure they receive the support outlined in their plan. If there are remaining spaces available, teachers may identify students who could benefit most from music therapy.