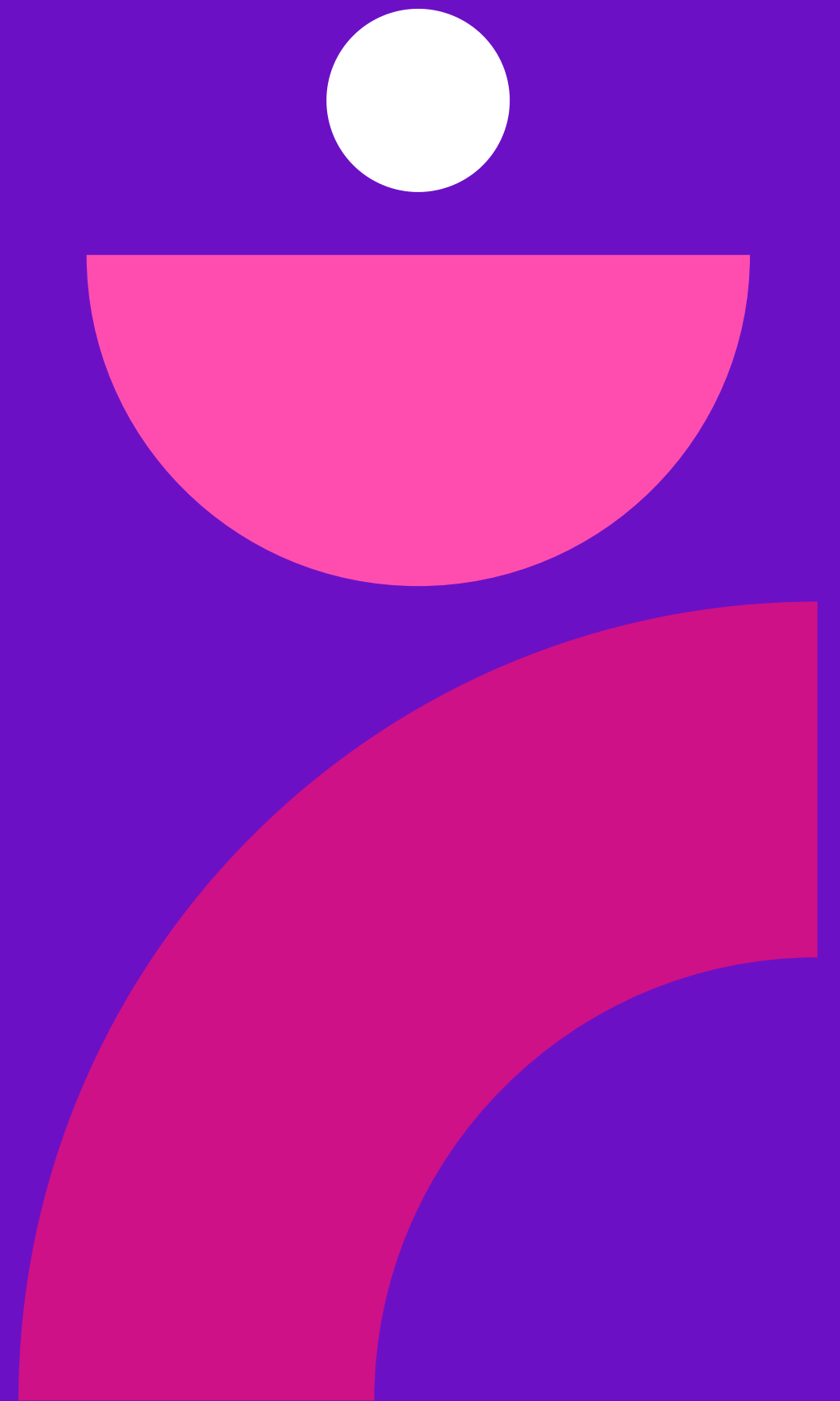




Music Therapy Service

WWW.TOTALCHILDRENSTHERAPY.COM



Music Therapy at TCT

ABOUT RACHEL CRENELL

Over the past 25 years working as a registered music therapist, Rachel has used music in a wide variety of health, education and community settings - working with children and adults of all ages.

After working at the Royal Hospital for Neuro Disability in London, Rachel moved to Dorset in 2001. In addition to the service she provides at TCT, Rachel works with adults with acquired brain injury.

Rachel is a member of the British Association for Music Therapy and state registered with the Health and Care Professions Council. She plays the flute and piano





Music Therapy Outline

Rachel has experience of working with children of all ages in schools, nurseries and at home. Music therapy work is tailored to meet the needs and abilities of the child or young person using live music and songs. Working through music can be beneficial in so many ways as it can support interaction, use of voice, physical skills as well as self-expression, creativity and emotional well-being.

Our music therapy services are designed to support active music making with the child-at their pace and drawing on what they can do. We also support families to share in this musical journey. After a block of sessions, we can then advise on ways of developing music making in different settings for example or recommend instruments. We can also provide personalised musical recordings which can be used at home.

We like our sessions to be safe, effective, and fun and also ensure the child and family feel comfortable and relaxed

Music Therapy Services Offered



- **Song work:** Using familiar songs can encourage joining in with singing/vocalising and supporting sustaining voice. Practicing vocalising to a beat or pitch to support flow/phrasing. Working with vocal turn taking/vocal exchanges to build interaction.
- **Music & Movement:** Working with action songs to support and encourage movement. A live musical accompaniment can also help with motor planning/control/directional movement/encouraging range/co-ordination/fluency/grading/tone changes.
- **Connected Musical Listening:** This is designed to help with relaxation and mood setting and can also help with emotional wellbeing. The therapist will also listen to and watch your child's movements/breath so that they are linked, connected and part of the sound and music around them.
- **Bespoke Recordings:** Our music therapist can create music to support activities at home and enhance your child's physical and emotional wellbeing. Alternatively, we can provide music that can be used in conjunction with specific work your child is doing in in their OT, Physiotherapy or SALT. This personalised resource will allow you to access music created specifically to match your child's abilities, likes and goals.

How is the service offered?

- Face to face appointments: Available at the TCT clinic and at times, at home or educational settings. These can be solely music therapy or joint appointments with other therapists.
- Online sessions: We offer exciting ways to work remotely using musical activities. You can even 'invite' family members who might not be with you at home, to join a virtual session too and be part of the musical experience.
- Garden/outside sessions: These may be possible at school or nursery when external visitors are unable to visit the setting (weather dependent).
- Please note, music therapy sessions are usually 30 minutes however longer appointments are available on request.

Fees

- Please refer to our Fees and Services document.





FOR FURTHER DETAILS OR TO MAKE A BOOKING

Contact Us

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