

**Music therapy** is a psychological therapy which uses the unique qualities of music as a means of interaction between therapist and client. Attentive listening on the part of the therapist is combined with shared musical improvisation using instruments and voices so that people can communicate in their own musical language, whatever their level of ability.

**Music therapists** can be found working within multi-disciplinary teams in hospitals, schools, day centres, hospices, care homes, therapy centres and prisons, and in private practice across the UK. Music therapy can help people of all ages with a range of needs, often related to disability, illness or injury.

**High standards of practice** are assured through rigorous training at Masters level, regular clinical supervision, continuous professional development and regulation by the Health and Care Professions Council. Research initiatives, peer reviewed publications and a highly respected journal ensure that music therapy in the UK is of a high quality, setting an international standard of excellence.

**British Association for Music Therapy** is the national body representing music therapists and music therapy in the UK, following a merger between the previous public and professional bodies. Benefits of membership to BAMT include a regular magazine, subscription to the British Journal of Music Therapy and opportunities to be involved in the work of this prestigious organisation.

Whether you are a music therapist, in training or simply interested in music therapy, we warmly invite you to become a Member or Associate Member.

To find out more, please visit our website at: [www.bamt.org](http://www.bamt.org) or phone us on the number below.

**To find out more about music therapy services in your area, or to support or learn more about music therapy, please visit [www.bamt.org](http://www.bamt.org) and contact [info@bamt.org](mailto:info@bamt.org) or call 020 7837 6100**

The British Association for Music Therapy wishes to thank all those who have contributed to these materials. We hold to a policy of strict confidentiality for service users and any personal details have been altered to respect the needs of confidentiality.

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