



## **Music and Arts Therapy**

Steve Carley, Rocksteady Care's Director founded and ran an award winning charity for vulnerable and at risk young people for over twenty years. This experience has led to Rocksteady Care utilising music and arts therapy as part of its support package for children and young people at its home.

We are always looking for qualified and experienced music and arts therapists to work with our children and young people in our dedicated outside creative learning hub in the grounds of the home.

Additionally we also invite experienced musicians and artists who enjoy teaching their skills to children and young people to get in touch as well.

We will require an enhanced DBS check (which we will pay for), references, completed application form and interview before you can start working with the children and young people we support.

Please do get in touch with us if you are keen to chat further about providing your services for Rocksteady Care.

### **Music Therapy**

Music Therapists use music to help their clients achieve therapeutic goals through the development of the musical and therapeutic relationship. There is no pre-requisite to 'be musical' or know how to play a specific instrument in order to engage in Music Therapy. Music Therapists work with the natural musicality of each client to offer appropriate, sensitive and meaningful musical interaction.

Music can be a social process involving others and it can also provide the sanctuary of a more private experience. Depending on the individual needs of

the clients, Music Therapists offer individual or group sessions. For a child with autism, this could be helping them to find a way to communicate with others. For a learning disabled adult, this could be helping them to find a way in which to express their emotions in a safe and supported environment. For an older person with dementia, this could be helping them to feel valued and heard.

The work of a Music Therapist takes place not only in sessions but also around the sessions. In thinking about a client and their needs, Music Therapists will liaise with other professionals working with the client to provide a holistic, joined-up approach to their care. This can include offering assessments, attending meetings, weekly telephone calls with the client's family or carers, providing joint sessions with other professionals, writing reports, and making recommendations for further treatment.

## **Arts Therapy**

Art therapy is a form of psychotherapy that uses art media as its primary mode of expression and communication. Within this context, art is not used as diagnostic tool but as a medium to address emotional issues which may be confusing and distressing.

Art therapists work with children, young people, adults and the elderly. Clients may have a wide range of difficulties, disabilities or diagnoses. These include emotional, behavioural or mental health problems, learning or physical disabilities, life-limiting conditions, neurological conditions and physical illnesses.

Art therapy is provided in groups or individually, depending on clients' needs. It is not a recreational activity or an art lesson, although the sessions can be enjoyable. Clients do not need to have any previous experience or expertise in art.

Although influenced by psychoanalysis, art therapists have been inspired by theories such as attachment-based psychotherapy and have developed a broad range of client-centred approaches such as psycho-educational, mindfulness and mentalization-based treatments, compassion-focussed and cognitive analytic therapies, and socially engaged practice.