

## MUSIC THERAPIST

### WHAT DOES A MUSIC THERAPIST DO?

Music Therapists aim to facilitate positive changes in their clients' behaviour and emotional well-being - it is a social activity involving communication, listening and sharing. Clients are encouraged to use a range of instruments, including their voice, to explore sound and create their own musical language. Music Therapists can support clients with, for example, eating disorders, anxiety, behavioural and emotional difficulties, addiction and communication disorders and aims to enhance their quality of life through increasing their self-awareness. They work with children and adults of all age ranges and abilities.

### SKILLS REQUIRED

Applicants for Music Therapy courses and jobs will need to demonstrate that they have:

- personal maturity
- motivation
- the ability to empathise with people of all ages and with wide-ranging needs
- emotional stability combined with the ability to deal with sad and stressful situations
- flexibility and adaptability
- high levels of patience
- a sensitive and open-minded personality
- good communication skills

### QUALIFICATIONS REQUIRED

- A postgraduate qualification in Music Therapy that has been approved by the British Association for Music Therapy (BAMT)
- Registration with the Health & Care Professions Council (HCPC): <http://www.hpc-uk.org/>
- Applicants will need to pass a Disclosure and Barring Service (DBS) check.
- Check entry requirements, placements, course content and the approach taken to music therapy with individual course providers.

### UNDERGRADUATE COURSES

There are 2 undergraduate courses that focus upon the therapeutic benefits of the arts - neither course is in the West Midlands.

**Creative Arts Therapy Studies Foundation Degree:** City of Bristol College

(<http://www.cityofbristol.ac.uk/>)

**Length of study:** 2 years full-time

**Entry requirements - qualifications:** 56 UCAS points are required.

5 GCSEs A\*-C including English Language and Mathematics, or their equivalent. Applicants with an Access to HE Diploma must also have a portfolio of evidence/a creative piece of work. Applicants with a BTEC Level 3 qualification should have a good level of achievement in a related subject area (Merits/ Distinctions) and must also have a portfolio of evidence/ a creative piece of work.

**Entry requirements - work experience:** Related employment and qualifications are welcomed.

**BA (Hons) Creative Expressive Therapies:** University of Derby (<http://www.derby.ac.uk/>)

**Length of study:** 3 years full-time. Part-time study, over 6 years, is also possible.

**Entry requirements - qualifications:** Normally 5 GCSEs grade 9-4/A\*-C, or equivalent, including English and Mathematics.

Applicants with an Access to HE Diploma need to have gained an overall Pass (60 credits) with a minimum of 45 Level 3 credits including a minimum of 15 at Distinction, 24 at Merit, and 6 at Pass level. Functional Skills or Key Skills, at Level 2, may be considered instead of GCSE English and Mathematics.

BTEC applicants will need to have gained Distinction, Distinction, Merit (DDM), and also have 5 GCSEs at grade C or above including Maths and English.

The University suggests that people who may be interested in this course think carefully about their choice of Level 3 course and the extent to which it prepares them for the degree pathway - e.g. music - that they want to follow.

**NB** Please check with each course provider as entry requirements can change.

## POSTGRADUATE COURSES

There are 7 BAMT-approved UK-based postgraduate courses. As part of the training, students undergo and fund personal therapy, and have a placement.

**Courses in the West Midlands:** None of the BAMT-approved courses are located in the West Midlands. For information on where the courses are offered, visit: <https://www.bamt.org/training-in-music-therapy/mt-courses-approved-by-hcpc.html>

**Length of study:** Full-time postgraduate courses usually require 2 years of study whilst part-time courses require 3-4 years. Clinical placements form part of the training and cover a wide range of work settings and client groups.

**Entry requirements - qualifications:** Successful applicants are usually graduates from a 3-year musical training programme leading to a diploma or graduateship from a College of Music or have studied for a university-based Music degree. Applicants with a degree in a different subject may be accepted if they have also achieved a high standard of musical performance.

Check entry requirements, placements, course content and the approach taken to music therapy with individual course providers.

**Entry requirements - work experience:** Previous work experience in a relevant field is essential for entry onto the postgraduate courses. Most entrants to music therapy have had substantial voluntary or paid experience in a related field, for example, in a health, education or social care setting.

Check entry requirements and course content with individual course providers.

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## EMPLOYMENT SECTORS

Music Therapists work in a variety of settings including community centres, day centres, educational establishments, hospices, hospitals, and prisons. The music therapy usually takes place in a music room equipped with a range of instruments.

## WORKING CONDITIONS

Full-time Music Therapists typically work from 9am to 5pm, although evening and weekend work may be required. Many Music Therapists work part time - combining music therapy with other job roles, such as teaching or performance - and many Music Therapists are self-employed.

Travel within a working day is relatively common, as Music Therapists may work for several different organisations during the week.

## SALARY

Music Therapists earn £26,565 - £41,787 per year. The Head of a Music Therapy Department, could earn up to £48,514. Fees in the private sector are similar to NHS salaries.

**NB** These figures are only a guideline: see NHS pay scales, and job advertisements, for up-to-date information

## LABOUR MARKET DATA

There are almost 800 music therapists in the UK who are registered with the Health & Care Professions Council (HCPC). The National Health Service (NHS) and education institutions are major employers of Music Therapists - they are also employed in the voluntary sector, in social services, by charities and on community projects. Some Music Therapists work in private practice, or on a freelance basis.

## INFORMATION SOURCES

- Health & Care Professions Council (HCPC): <http://www.hpc-uk.org/>
- National Careers Service: <https://nationalcareersservice.direct.gov.uk>
- Prospects: <https://www.prospects.ac.uk/>
- The British Association for Music Therapy: <http://www.bamt.org/>
- UCAS: <https://www.ucas.com/>

## VIDEO CLIPS

- <http://www.nhs.uk/careers/nhs-careers/explore-by-career/allied-health-professions/careers-in-the-allied-health-professions/arts-therapists/music-therapist/>
- <https://www.bamt.org/music-therapy/music-therapy-on-video.html>

Updated: May 2018