



KEY CHANGES MUSIC THERAPY

Annual Conference 2021

Music Therapy - Opportunities from Crisis

Presentations from...

Ros Harpur

Beccy Read

Dr Catherine Warner **KEYNOTE**

Chloe Parks

Dr Kate Jones

Debbie Bowie

Saturday 27th November,
Twyford Parish Hall,
Hazeley Road,
Twyford, Hampshire
SO21 1QY

Welcome...

...to Key Changes Conference 2021 and this venue which is new to us – spacious enough to allow for social distancing in this Brave New World we all inhabit. Most of us here today are music therapists, or music therapy students, and we are especially pleased to have amongst us several of the Key Changes trustees.

Opportunities from Crisis, the title, sprang from us having had to adapt our approaches in music therapy to ensure we could continue to reach as many of our clients as possible, through COVID-19 lockdown. As Conference planning progressed, another theme emerged: working from a clinical crisis point, in particular with childhood trauma. So today we hear from a range of these angles, the over-arching theme being the opportunities which music therapy enables for our vulnerable clients, of all ages, working with them, as we so often do, from a point of personal crisis.

This annual conference is a well-established event in the UK music therapy calendar, attracting presenters and delegates from around the country. After a year's break, during which the Key Changes therapy team held an internal CPD event on-line, we are thrilled to be resuming this annual event in-person today. We have with us 4 external presenters, joining the accolade of past presenters which include: Luke Annesley, Ros Blackburn, Catherine Carr, Rachel Darnley-Smith, Mary-Clare Fearn, Helen Loth, Risenga Makondo, Helen Odell-Miller, Julian O'Kelly, Amelia Oldfield, Martin Read, Stephen Sandford, Valerie Sinason, Elaine Streeter, Julie Sutton and Tony Wigram.

As usual, please make the most of the breaks to chat, network or reconnect.

Tea / coffee will be provided during the breaks.

We hope you have brought your own lunch. If not, the well-stocked Twyford Stores is close by.

We hope you find today helpful and thought-provoking.

Please, before you leave, complete your evaluation form and leave it with us.

Thank you for joining us,

Beccy Read,

Lead Therapy Co-ordinator,
Key Changes Music Therapy

PROGRAMME

Breaks are in blue

Key Changes personnel are in green

Key Changes therapists - arrive from 9.30am, **TEA / COFFEE in the Gilbert Room**

10.00 Resuming in-person: our first chance to meet together since March 7th 2020!
Let's Play!!!

11am REGISTRATION, **COFFEE / TEA** in the Main Hall

11.15 **Welcome!**

11.25 Conference Introduction, on film: *Surviving COVID lockdown as a musician:*
Roderick Williams, Patron.

11.40 *Trauma, trauma-informed practice and music therapy:*
Ros Harpur, music therapist

12.05 Questions

12.15 Case presentation - *an ASD adolescent emerges from crisis:*
Beccy Read, Therapy Co-ordinator

12.30 Questions

12.35 KEY NOTE PRESENTATION:

Music Therapy International Skill-Sharing in relationship to childhood trauma:
Dr Catherine Warner, programme leader, MA in Music Therapy, UWE

13.05 Questions

13.15 LUNCH – we hope you brought your own...

14.00 Case presentation – *an exploration of identity in Music Therapy with a 14 year old adolescent in alternative provision.*
Chloe Parks, music therapist, qualified 2021.

14.25 Questions

14.30 *A new framework for Music Therapy practice with young children with Selective Mutism: Implications of a multiple methods research study.*
Kate Jones, Director, Music Therapy Lambeth.

15.00 Questions

15.10 *Getting around COVID - a short and amusing description of dementia care “garden sessions”:*
Debbie Bowie, music therapist (recently retired)

15.30 *Closing play... ending by 4pm*

Presentation summaries – in conference running order:

Ros Harper

Trauma, trauma-informed practice & Music Therapy

This presentation includes an introduction to trauma, describing the impact that trauma has on the nervous system and how this can affect a person's experience of the world and of

relationships. It will move on to look into developmental trauma and how negative early experiences impact the growing mind and body. Ending with a silver lining, it will look at how we can work to heal trauma, both in individual therapeutic interactions and systemically within a trauma informed approach to practice and to care.

The presentation will include and draw on some major models and theories from current trauma experts and research.

Beccy Read

An ASD adolescent emerges from crisis.

This case presentation describes the journey to date of a teenage boy diagnosed with autism (ASD) and pathological demand avoidance (PDA). From a point of extreme crisis, and his arrival at a secure medical facility, we follow him in music therapy as he discovers the benefits of human interaction and the concept of choice, and of belonging, and on how these changes in him impact on his care team.

KEYNOTE PRESENTATION: Dr Catherine Warner

Music Therapy International Skill-Sharing in relationship to childhood trauma

Early childhood trauma is known to impact the development of young people in significant ways, often resulting in early school leaving. This presentation explores the contribution music therapy made in two European Erasmus+ projects designed to reduce early school leaving in Portugal, Poland, Estonia, Norway, Italy and the UK over the period of 2015-19.

The two areas presented in greatest depth include using music for self-regulation and for relational health. Cathy will consider how practical contributions from music therapy group work and improvisation and theoretical aspects of communicative musicality and affect attunement contributed to the projects.

Cathy will also discuss what it was like to be involved in these projects, with the highlights and pressures, and in the context of the UK's changing relationship with the EU before and after the Brexit vote.

Chloe Parks

An exploration of identity in Music Therapy with a 14 year old adolescent in alternative provision.

This case presentation looks at the role of identity when working with an adolescent who refused to attend an alternative provision unit. The young person had experiences of trauma and a complex home life situation. In music therapy, they disclosed that they identify as transgender but felt they couldn't share this with anyone at the unit. During our work they began attending the alternative provision unit again, as we explored themes of identity, inter and intrapersonal dynamics, and found opportunity in developing their school-wide relationships.

Dr Kate Jones

A new framework for Music Therapy practice with young children with Selective Mutism: Implications of a multiple methods research study.

Kate's presentation will describe the motivation for her PhD research and the current thinking about the condition called Selective Mutism (SM). She will give an overview of the project including an example of case material and present the outcomes of the research alongside implications for clinical practice and further research.

Debbie Bowie

Getting around COVID - a short and amusing description of dementia care "garden sessions":

In 2017 Debbie pioneered a project offering music therapy to people who have dementia, and this has been successfully implemented in several care homes in Hampshire. She is amazed at the wonderful way people come alive during these sessions and feels privileged to facilitate this.

BIOGRAPHIES

Roderick Williams OBE

As a Key Changes patron, better known as a baritone, composer and presenter on Radio 3, Roddy writes:

'I actually began my career as a classroom music teacher, some thirty-five years ago, and while life took a different direction for me, the teaching of music (and the use of music for teaching in far more general terms) has remained important to me ever since. At the same time I observe how political, governmental interest in and valuing of state music education appears to be on the wane, I am also aware of the growing amount of evidence that demonstrates what I'm sure we all knew instinctively to be true; that creative arts are hugely important to human existence, to learning and development, and that of those arts, music has a very particular, almost magical power to make connections with all sorts of people, young, old, able-bodied and disabled...'

Ros Harpur

Ros qualified from the Guildhall School of Music and Drama music therapy Masters in 2020, and now works in the multidisciplinary therapeutic team at Fair Ways Care, mostly with adolescents across their looked after children and special education provisions, and in a trauma-informed approach.

Prior to training as a music therapist Ros studied flute performance at the Royal Welsh College of Music and Drama, and has worked in various fields alongside music and instrumental teaching, including front of house at performance venues, elderly residential care, child care, and paint manufacture! She was a volunteer with the Samaritans, and still regularly volunteers with the Rona Sailing Project, a sail training charity which takes groups of young people on week-long sailing trips to promote self-confidence, resilience, resourcefulness and team-work. She has also been lucky enough to sail across the Atlantic twice with the RSP! She also enjoys spending time with her nearest and dearest, looking after an allotment, and walking the dog.

Beccy Read

Beccy qualified from the first music therapy post-graduate course at Roehampton, in 1982. She then established a full-time post in Southampton and South West Hampshire Health Authority, the first music therapy post in the county of Hampshire, working in adult learning disabilities.

Since the late 1980's Beccy has pioneered music therapy in special schools, focussing on working with young people who have ASD and challenging needs. As co-ordinator of the Winchester-based charity Key Changes Music Therapy, she oversees the charity's music therapy provision to nurseries, schools, and adult learning disability care homes throughout Hampshire and neighbouring areas.

Beccy is also founder-trustee of the Martin Read Foundation, supporting Young Composers. Now in its 8th year, it has attracted the likes of Judith Weir, Master of the Queens Music to the role of patron.

In 2020 she was awarded a Fellowship of the Royal Society of Arts for social impact through the arts.

Dr Catherine Warner

Cathy is a cellist, pianist and improviser. She has convened the MA Music Therapy at UWE Bristol for 7 years during which time the course has expanded and diversified in several ways

due to contemporary influences. Cathy is involved in the BAMT racial awareness panel. Her doctoral research involved action research with people with learning disabilities, and focussed on belonging, identity and informed consent within music making. She was scientific chair of the 2014 and 2018 BAMT conferences (Birmingham and Barbican). She has also specialised in community mental health and multi-faith work and is chair of Trustees for the Soundwell Music Therapy Trust.

Tant

Tant is a duo consisting of **Owain Clarke** (harp) and Jon **Leadbeater** (tabla)

<http://tantmusic.com>

In concert, at festivals, conferences and celebrations of all kinds, they play beautiful music to inspire, create moods, enthrall and delight. Jon and Owain have also taught music together for many years, providing workshops for schools, colleges, businesses and at festivals.

Owain has been playing music since the age of 11. His inspiration for harp playing was first triggered while performing with roots combo La Cucina in 1994, and he has been playing harp ever since. His Welsh roots led him to explore the medieval Robert ap Huw manuscript, and he has combined this passion for traditional forms with an understanding of contemporary music. He is also interested in exploring and developing the musical connections between the Celtic harp and the traditions of West Africa, the Middle East, India and Spain.

Jon began playing tabla in 1987 working on the Banaras Tabla Gharana system of training inspired by Pandit Sharda Sahai, of whom he became a student in 1990. He was encouraged to spend more and more time developing his repertoire by this great tabla master. Jon has performed a myriad of concerts, festivals, recordings, workshops and taught Tabla since 1998 in the South of England, the UK, Spain, France and Portugal in a wide variety of classical and fusion ensembles, most notably Tant. His fluid and complex style is deeply connected to the improvisatory nature of both Indian classical music and the jazz form.

Chloe Parks

Chloe qualified as a music therapist from the Guildhall School of Music and Drama in 2021. She works in a school for children and young people with profound and multiple learning disabilities, and as a general assistant and therapist at Belltree Music Therapy.

Dr Kate Jones

Kate is Director of Music Therapy Lambeth, a charity that was founded 17 years ago to provide a Music Therapy service for children and families in Lambeth. Kate specialises in working in early years with families of children with Autism, ADHD, Trauma, Selective Mutism, and other SEND. She has published her SM research in BJMT (2012) and NJMT (under review) and has written a book chapter in 'Tackling Selective Mutism: A guide for Professionals and Parents'. Kate's mission is to put Music Therapy on the care pathway for children with SM.

Debbie Bowie

Debbie had a career in nursing before training as a music therapist at the Guildhall School of Music and Drama in 2000. She has mainly worked with children in Special Needs Schools. She worked for many years at Shepherds Down school near Winchester and Treloars School in Alton. She very much enjoyed working with children and witnessed the effect of music therapy and how it can reach them in so many ways.

Music is very important to Debbie and she sings in the chamber choir Southern Voices in Winchester. She also plays the Celtic harp which is a way of providing music therapy to herself! Debbie retired at the end of September this year but hopes to remain a strong supporter and member of the Key Changes Music Therapy charity.