As a benefactor of the funding grant by the Music Therapy Charity, I would like to provide feedback on the various ways in which I was able to further my learning as a trainee music therapist as well as take advantage of educational opportunities that would not have been possible had the additional support not been available.

Perhaps the most important element for me was regarding the personal therapy hours. As an individual with Bipolar Affective Disorder Type 2, it was of the utmost importance to continue my personal development in the form of therapy. Additional to the minimum hours required by the HCPC, I was able to attend further, privately funded sessions in order to best develop an understanding of my self in relation to others in a therapeutic context but also with regard for my diagnosis. This level of self-awareness has benefitted me beyond words, both as a professional and an individual.

Another notable difference that the support provided, was the relief of work load related stresses. For example, I was under less pressure to take extra shifts during the lead up to course deadlines and was even able to take days off from my job to attend training such as a SignAlong accredited course, a skill that proved to be invaluable on my third year placement working with adults with PMLD and that I am sure will continue to be useful in my future practice.

Additionally, as a result of the generosity of this charity, I was able to carry out some much needed maintenance on my own instruments for professional use. This is a factor that I believe to be valued by my client group from my final placement, who often discussed the notion of feeling devalued by institutional attitudes including often being left with broken equipment