



THE MUSIC THERAPY CHARITY

Help us develop this vital form of therapy, and enable more vulnerable children through the power of music, by making donations to The Music Therapy Charity.

Please make cheques or donations payable to [The Music Therapy Charity](#) at the address below.

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Music Therapy Charity, 7 Connaught Close, London, W2 2AD
Tel: 020 77069347 www.musictherapycharity.org.uk
musictherapycharity@googlemail.com
Registered Charity No. 259077



THE MUSIC THERAPY CHARITY

The Key to a Brighter Future

Music Therapy is an established healthcare profession that helps to meet the social, emotional, behavioural and cognitive needs of vulnerable people of all ages.

Music therapists work where their interventions can promote wellbeing, manage stress, alleviate pain, enhance memory and the expression of feelings, improve communication and promote physical rehabilitation.



The Music Therapy Charity promotes and supports research, training and projects, using this powerful therapeutic intervention.



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How does music therapy work?

Experienced practitioners work, either in groups or one to one, addressing a range of conditions, such as behavioural and emotional problems, autism and learning disabilities.

By building a strong relationship with clients, music therapists aim to improve self-awareness and expression; facilitating individual development and improving both mental and physical wellbeing.

Communication between therapist and client is largely conducted through the use of music, musical instruments, singing and song writing.

Currently there are over 600 music therapists practicing in the UK.

The Music Therapy Charity

Founded in 1969, The Music Therapy Charity (MTC) supports the work of Music Therapists in the UK by funding academic research and fellows on the MTC doctoral research programmes and by assisting students on postgraduate music therapy courses.

In 2007 the MTC hosted the Ammerdown Conference, bringing together heads of all UK postgraduate courses, senior researchers and other leaders in the field, to consider the future development of the profession. A number of areas were identified as in urgent need of further music therapy intervention and evaluation, these included cancer care, the aged and troubled young people.



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The Music Therapy Charity Disenchanted Youth Project 2008

The MTC is re-launching itself as a major fund-raising organisation: for the next 2 years it has selected *Disenchanted Youth* as its focus for research and intervention.

The aim is for Music Therapists, working with like-minded charities in a multi-disciplinary environment, to improve life opportunities for the young people in the projects. They will support learning, inspire development and improve the emotional wellbeing of those young people living in the inner cities, who at present are alienated from their peers, family and society.

In re-launching itself, the MTC aims to raise money for projects and research in this area, as well as to its grant giving activities for training and Doctoral Research.

