



B-side Music Therapy



Hearing The Unheard,
Embracing The
Unseen

What is Music Therapy?

Music therapy is a clinical and evidence-based approach using music to support individual goals within a therapeutic relationship.

Sessions are tailored and may include:

- Playing instruments
- Singing and songwriting
- Listening and responding to music
- Improvisation and creative expression

Music can reach emotion, movement, memory and communication at the same time, making it especially powerful for children.

Who can benefit from it?

Music therapy is a clinical and evidence-based approach using music to support individual goals within a therapeutic relationship.

Sessions are tailored and may include:

- Playing instruments
- Singing and songwriting
- Listening and responding to music
- Improvisation and creative expression
-

Music therapy can support children and young people who may have:

- Autism/neurodivergence
- Speech, language & communication needs
- Social, emotional or mental health needs
- Learning difficulties
- Trauma or anxiety
- Physical or neurological conditions

No musical experience is needed.

Music Therapy in Schools

Music therapy works effectively in educational settings by:

- ✓ Supporting EHCP outcomes
- ✓ Complementing SEN provision
- ✓ Offering 1:1 or group sessions
- ✓ Helping children access learning

Sessions are:

- Child-centred
- Inclusive and adaptable
- Delivered by a trained HCPC registered therapist

Music therapy can also support staff by:

- Providing insights into pupil needs
- Enhancing wellbeing approaches

Why choose Music Therapy?

Why Choose Music Therapy?

Music therapy is delivered by trained professionals who use music intentionally to meet therapeutic goals.

It is:

- Evidence-based
- Engaging and motivating
- Accessible for all abilities
- A safe space for expression



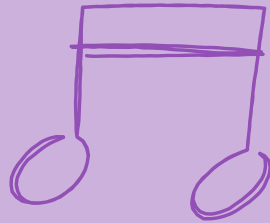
What do the sessions look like?

Music therapy uses tailored interventions such as improvisation, rhythm and songwriting to support EHCP outcomes. Sessions develop communication, emotional regulation, social interaction and attention skills. Delivered individually or in groups, therapy offers structured, measurable support while providing a safe, engaging space for children to build confidence and express themselves through music.



How do I refer a child or young person?

Children and young people can be referred to B-Side Music Therapy by parents, carers, schools or other professionals such as teachers, SENCOs or healthcare providers. Referrals are made by getting in touch via the website or email to discuss the child's needs, after which an initial consultation or assessment is arranged to explore how music therapy can support them



How can I access funding?

Music therapy sessions may be funded through a range of sources depending on the child's needs. This can include EHCP provision (via local authority funding), school SEND budgets, Pupil Premium, or health-related funding where appropriate. Parents can also self-fund sessions. We are happy to discuss funding options and support schools and families in identifying appropriate pathways.

How to contact us

To further inquire about sessions or referrals. Please visit our website at:

www.bsidemusictherapy.com

Email us at:
bsidemusictherapy@gmail.com

Or phone:

07568721462



Follow the QR code to
our website