



## Music Therapy

with Nordoff Robbins Scotland



### St Andrew's Hospice

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[www.st-andrews-hospice.com](http://www.st-andrews-hospice.com)

St. Andrew's Hospice (Lanarkshire) is a charity registered in Scotland No. SC010159

The Deputy Chief Executive: Governance & Service Development at the Hospice, would welcome any compliments, comments, concerns or complaints you may have about the service.

If you do have a complaint that is not answered to your satisfaction, you can pass this on to the regulator of the Hospice; Healthcare Improvement Scotland at the following address:



**Independent Healthcare Team**  
**Healthcare Improvement Scotland**  
Gyle Square, 1 South Gyle Crescent,  
Edinburgh EH12 9EB  
Telephone: 0131 623 4342  
E-mail: [hcis.clinicregulation@nhs.net](mailto:hcis.clinicregulation@nhs.net)

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ROBBINS  
SCOTLAND**  
Life-changing music

St Andrew's Hospice is working in partnership with Nordoff Robbins Scotland to deliver music therapy in our Inpatient Unit and Outpatient Services.



Music therapist Jenny Hutton will visit the Hospice each Thursday to deliver group music therapy sessions for our outpatients and one-to-one music therapy sessions for any inpatients who wish to take part.



## What is Music Therapy?

Music therapy is a psychological intervention in which music is used as a tool to help develop communication, social skills and encourage the processes of growth and discovery.

Music therapists are trained to use music to connect to and build a relationship with a person who may be withdrawn and isolated as a result of their physical or mental health condition.

Every person responds differently but typically music therapy improves quality of life, confidence, communication and reduces anxiety and isolation.

- The emphasis is on **active** music-making, encouraging individuals' creativity and engagement in the therapy.
- The therapists are trained to respond to an individual's musical and non-musical responses, which creates the basis for communication between the client and therapist.



## How can Music Therapy help?

- Developing communication
- Developing social skills
- Emotional exploration / expression
- Personal and psychological growth
- Promoting specific developmental skills (e.g. fine/gross motor control)
- Promoting confidence & self-worth

"Music therapy is not about playing 'nice' music. We need to create sounds on the spot, to meet whatever the child or adult is doing; to meet however that person is 'being' in that moment ... and this does not necessarily fit with musical convention."

**Mercedes Pavlicevic**

