



## Music Therapy at Haymerle School

Sarah Kong has been working as a Music Therapist at Haymerle School since 2007.



Sarah studied Music Therapy at the Guildhall School of Music and Drama in 2003 and has recently qualified in Neurologic Music Therapy in 2019.

Making connections, building resilience and enabling every individual to flourish and reach their full potential is key to the approach and work that Sarah provides.

Haymerle School offers music therapy to pupils on a weekly basis. It is a hugely beneficial intervention that supports both communication and emotional expression. Sarah explains this in more detail:

"For children who may find it difficult to articulate themselves verbally, music therapy provides a non-verbal means to make their needs and emotions more understood. Feelings of frustration that are common for children on the autistic spectrum can be thought about and managed within a space that is motivating and child-centred"

During the time that Sarah has worked at Haymerle School, music therapy has provided children with a positive space to interact and engage, therefore increasing access to their learning more effectively. Music therapy uses primarily improvised music that allows flexibility to respond to a child's vocalisations, body movements and eye contact and this happens through the development of a trusting therapeutic relationship; this relationship provides consistency and stability for every individual.

Music therapy works closely in thinking about each pupil's EHC Plans and specific areas of their IEPs in particular around Social, Emotional Wellbeing and Mental Health and Interaction and Communication.

For further information please refer to the British Association for Music Therapy website at the following link [www.bamt.org](http://www.bamt.org) and this details more about music therapy provision or please contact the school directly if you have any further questions.

