The music therapy service
Music therapy is provided through the Paediatric Psychology service, and is provided as both an in and outpatient service. The music therapist works closely with families and the team caring for your child at Evelina London. The therapist can accompany your child around the hospital. For example, sessions can continue if your child needs to spend some time in the Paediatric Intensive Care Unit (PICU).

Referrals can be made by members of your child’s medical team, for example their doctor or nurse. Speak to your child’s team if you feel your child could benefit and if they have not already been referred.

Further services
Other members of the Psychology team can see children and families experiencing a range of difficulties.

There are also a number of support groups for parents and young people at Evelina London Children’s Hospital.

Don’t hesitate to ask for more information.

Contact us
To find out more, contact Cathy Birch, music therapist, on 020 7188 4640 or email gst-tr.evelinamusictherapy@nhs.net

For more leaflets providing information about conditions, procedures, treatments and services offered at our hospital, please visit www.evelinalondon.nhs.uk/leaflets

Evelina London Medicines Helpline
If you have any questions or concerns about your child’s medicines, please speak to the staff caring for them or contact our helpline.

Phone: 020 7188 3003 10am to 5pm, Mon to Fri
Email: letstalkmedicines@gstt.nhs.uk

Patient Advice and Liaison Service (PALS)
To make comments or raise concerns about the Trust’s services, please contact PALS.

Phone: 020 7188 8801 Email: pals@gstt.nhs.uk
What is music therapy?
Music therapy uses sounds and musical play to support a child or young person’s wellbeing and development. Music therapists are trained to help children and families cope better with some of the challenges of being unwell or spending time in hospital. We use music to form supportive relationships, helping to address a patient’s needs.

Music therapy is a registered profession and therapists are regulated by the Health and Care Profession Council.

Why music?
- Music’s universal qualities allow a music therapist to meet and respond to a wide range of children and young people from different cultures and backgrounds, regardless of illness or disability.
  - Music can help a child express things they may not be able to say.
  - Through music-making, children can connect to and explore feelings without the use of words.
  - Music can motivate children to interact at a time when this might otherwise be difficult.
  - Musical interaction can provide support for a child’s normal developmental needs at a time when other elements of their life are disrupted.

What might a music therapy session be like?
Music therapy sessions can take place at the child’s bedside, in a therapy room, in a cubicle, or in the play room. The therapist will bring a selection of musical instruments to choose from, and will ensure that they are accessible to the child. Children, young people, and families are not expected to have any skill in music making in order to benefit from music therapy.

Throughout their music making, the therapist will pay close attention to the child’s choices, noting what they respond to and their preferences. Sessions aim to follow the child’s lead as much as possible, offering them autonomy and a sense of control.

A typical music therapy session might include known songs, musical games, and improvised music making. Older children may also wish to incorporate song writing and shared musical appreciation into their session.

What are the benefits?
- Children are supported to process and express their emotions through music, without the need to use words, helping them cope better with their illness and their stay in hospital.
  - Socially isolated or non-verbal children are encouraged to engage in meaningful activity and responsive relationships.
- Children can experience positive, constructive, and normalising interactions within the hospital setting.
- Music therapy focuses on what the child can do, not on any limitations they may experience, and can support development at a time when other means may not be accessible.
- Families can share sessions with their child, enjoying connecting in a natural and positive way.

Music therapist, Cathy, with her trolley of instruments
What is music therapy?
Music therapy uses sounds and musical play to support a child or young person’s wellbeing and development. Music therapists are trained to help children and families cope better with some of the challenges of being unwell or spending time in hospital. We use music to form supportive relationships, helping to address a patient’s needs.

Music therapy is a registered profession and therapists are regulated by the Health and Care Profession Council.

Why music?
- Music’s universal qualities allow a music therapist to meet and respond to a wide range of children and young people from different cultures and backgrounds, regardless of illness or disability
  - Music can help a child express things they may not be able to say.
  - Through music-making, children can connect to and explore feelings without the use of words.
  - Music can motivate children to interact at a time when this might otherwise be difficult.
  - Musical interaction can provide support for a child’s normal developmental needs at a time when other elements of their life are disrupted.

What might a music therapy session be like?
Music therapy sessions can take place at the child’s bedside, in a therapy room, in a cubicle, or in the play room. The therapist will bring a selection of musical instruments to choose from, and will ensure that they are accessible to the child. Children, young people, and families are not expected to have any skill in music making in order to benefit from music therapy.

Throughout their music making, the therapist will pay close attention to the child’s choices, noting what they respond to and their preferences. Sessions aim to follow the child’s lead as much as possible, offering them autonomy and a sense of control.

A typical music therapy session might include known songs, musical games, and improvised music making. Older children may also wish to incorporate song writing and shared musical appreciation into their session.

What are the benefits?
- Children are supported to process and express their emotions through music, without the need to use words, helping them cope better with their illness and their stay in hospital.
- Socially isolated or non-verbal children are encouraged to engage in meaningful activity and responsive relationships.
- Children can experience positive, constructive, and normalising interactions within the hospital setting.
- Music therapy focuses on what the child can do, not on any limitations they may experience, and can support development at a time when other means may not be accessible.
- Families can share sessions with their child, enjoying connecting in a natural and positive way.
What is music therapy?
Music therapy uses sounds and musical play to support a child or young person’s wellbeing and development. Music therapists are trained to help children and families cope better with some of the challenges of being unwell or spending time in hospital. We use music to form supportive relationships, helping to address a patient’s needs.

Music therapy is a registered profession and therapists are regulated by the Health and Care Profession Council.

Why music?
- Music’s universal qualities allow a music therapist to meet and respond to a wide range of children and young people from different cultures and backgrounds, regardless of illness or disability
  - Music can help a child express things they may not be able to say.
  - Through music-making, children can connect to and explore feelings without the use of words.
  - Music can motivate children to interact at a time when this might otherwise be difficult.
  - Musical interaction can provide support for a child’s normal developmental needs at a time when other elements of their life are disrupted.

What might a music therapy session be like?
Music therapy sessions can take place at the child’s bedside, in a therapy room, in a cubicle, or in the play room. The therapist will bring a selection of musical instruments to choose from, and will ensure that they are accessible to the child. Children, young people, and families are not expected to have any skill in music making in order to benefit from music therapy.

Throughout their music making, the therapist will pay close attention to the child’s choices, noting what they respond to and their preferences. Sessions aim to follow the child’s lead as much as possible, offering them autonomy and a sense of control.

A typical music therapy session might include known songs, musical games, and improvised music making. Older children may also wish to incorporate song writing and shared musical appreciation into their session.

What are the benefits?
- Children are supported to process and express their emotions through music, without the need to use words, helping them cope better with their illness and their stay in hospital.
  - Socially isolated or non-verbal children are encouraged to engage in meaningful activity and responsive relationships.
- Children can experience positive, constructive, and normalising interactions within the hospital setting.
- Music therapy focuses on what the child can do, not on any limitations they may experience, and can support development at a time when other means may not be accessible.
- Families can share sessions with their child, enjoying connecting in a natural and positive way.
The music therapy service
Music therapy is provided through the Paediatric Psychology service, and is provided as both an in and outpatient service. The music therapist works closely with families and the team caring for your child at Evelina London. The therapist can accompany your child around the hospital. For example, sessions can continue if your child needs to spend some time in the Paediatric Intensive Care Unit (PICU).

Referrals can be made by members of your child’s medical team, for example their doctor or nurse. Speak to your child’s team if you feel your child could benefit and if they have not already been referred.

Further services
Other members of the Psychology team can see children and families experiencing a range of difficulties.

There are also a number of support groups for parents and young people at Evelina London Children’s Hospital.

Don’t hesitate to ask for more information.

Contact us
To find out more, contact Cathy Birch, music therapist, on 020 7188 4640 or email gst-tr.evelinamusictherapy@nhs.net

For more leaflets providing information about conditions, procedures, treatments and services offered at our hospital, please visit www.evelinalondon.nhs.uk/leaflets

Evelina London Medicines Helpline
If you have any questions or concerns about your child’s medicines, please speak to the staff caring for them or contact our helpline.

t: 020 7188 3003 10am to 5pm, Mon to Fri
e: letstalkmedicines@gstt.nhs.uk

Patient Advice and Liaison Service (PALS)
To make comments or raise concerns about the Trust’s services, please contact PALS.

t: 020 7188 8801  e: pals@gstt.nhs.uk
The music therapy service

Music therapy is provided through the Paediatric Psychology service, and is provided as both an in and outpatient service. The music therapist works closely with families and the team caring for your child at Evelina London. The therapist can accompany your child around the hospital. For example, sessions can continue if your child needs to spend some time in the Paediatric Intensive Care Unit (PICU).

Referrals can be made by members of your child’s medical team, for example their doctor or nurse. Speak to your child’s team if you feel your child could benefit and if they have not already been referred.

Further services

Other members of the Psychology team can see children and families experiencing a range of difficulties.

There are also a number of support groups for parents and young people at Evelina London Children’s Hospital.

Don’t hesitate to ask for more information.

Contact us

To find out more, contact Cathy Birch, music therapist, on 020 7188 4640 or email gst-tr.evelinamusictherapy@nhs.net

For more leaflets providing information about conditions, procedures, treatments and services offered at our hospital, please visit www.evelinalondon.nhs.uk/leaflets

Evelina London Medicines Helpline

If you have any questions or concerns about your child’s medicines, please speak to the staff caring for them or contact our helpline.

t: 020 7188 3003 10am to 5pm, Mon to Fri
email: letstalkmedicines@gstt.nhs.uk

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust’s services, please contact PALS.

t: 020 7188 8801 email: pals@gstt.nhs.uk

Leaflet number: 4307/VER2
Date published: May 2017
Review date: October 2019
© 2017 Guy’s and St Thomas’ NHS Foundation Trust