



Music, relaxation and imagery (receptive) techniques for music therapists

Saturday 21st April 2018.

11am - 5pm, Eastbourne House Arts, Bethnal Green, London E2 OPT

Cost: £45 (£35 students)

'Great day and really useful training. Good instructors'. 'I feel more confident to give this type of work a go: having participated in the experience gave me a deeper understanding of its qualities'
(participants in previous workshop)

Music, relaxation and imagery (drawing) techniques are amongst the most important receptive music therapy techniques involving the use of pre-recorded music. The aim of this workshop is to equip therapists to incorporate basic music and relaxation techniques into their practice at a supportive level, where these techniques can potentially be used in individual and group work with children and adults who are suitable. The main learning component of the day will be experiential, and give attendees a basic understanding of, and proficiency in:

- The role of the music and how to select it
- Giving a basic relaxation induction
- Principles of safe practice when working with relaxed states of consciousness.
- Incorporating drawing to music as part of the process.
- Client applications and contra-indications

The training manual provided will include an extensive list of music recommendations. The workshop is intended for qualified music therapists and students. Please note that the workshop will equip those who attend to practice simple music, relaxation and imagery (drawing) techniques, but not to practice Guided Imagery and Music (GIM) or Music and Imagery (MI). These are specialist methods for which further training is required. This is available for those interested in it.

The workshop was previously delivered on a number of occasions in 2015 and 2016 in partnership with the British Association for Music Therapy (BAMT). It is now affiliated with the Integrative GIM Training Programme.

For bookings and further information, please contact Martin Lawes: martinlawesmt@gmail.com