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1ST EUROPEAN MUSIC THERAPY DAY

THEME: THE RHYTHM OF LIFE!

15-11-2014 - MUSICAL ACTIVITIES THROUGHOUT EUROPE

The EMTC is a Confederation of professional music therapy associations, working actively to promote the further development of professional practice in Europe, and to foster exchange and collaboration between member countries.

The overall purpose of the EMTC is to nurture mutual respect, understanding and exchange between music therapists in Europe. The European Music Therapy Confederation (EMTC) was founded on 15th November 1990, as a forum for exchange between music therapists in Europe, and almost 30 European countries have joined the EMTC. Starting this year, the European Music Therapy Day will be held on the 15th of November.

On European Music Therapy Day musical activities will be organised at different venues in Europe. Music therapists, the specialists in the field of music and health, will hold open house events and organise workshops. Special, heart-warming performances will take place and service users will talk about how music therapy has supported them. On European Music Therapy Day we will let music speak. Music can be described as 'the rhythm of life', and it is this theme we will use for the inaugural European Music Therapy Day. More information can be found on www.europeanmusictherapyday.com

Music Is Good For Your Health!

Music plays an important role in our everyday lives. It can be exciting or calming, joyful or poignant, can stir memories and powerfully resonate with our feelings, helping us to express them and to communicate with others. Often we are not aware of how we are influenced by music. And here's some good news: music is good for your health! Research shows: music is good for your brain, it makes you smarter, it is wonderful for your body, it makes you move, music evokes emotions and puts you in a good mood. We also know this: everyone is musical, and you can use the power of music by choosing music, playing a musical instrument or singing.

Music Therapy

Music therapy is an established and research based health profession using the qualities of the musical components of rhythm, melody and tonality to provide a means of relating within a therapeutic relationship. In music therapy, people work with a wide range of accessible instruments and their voices to create a musical language which reflects their emotional and physical conditions; this enables them to build connections with their inner selves and with others around them. Music therapists support the client's communications with a combination of improvised or pre-composed instrumental music and voice, either sung or spoken, adapted to the individual's needs. Individual and group sessions are provided in many settings such as hospitals, schools, hospices and care homes, and the therapist's approach is informed by different theoretical frameworks, depending on their training and the health needs which are to be met.

Music therapists work with a wide range of client groups including children and adults with learning disabilities, autism or behavioural disorders, adults with depression or trauma and anxiety, and older adults with Parkinson's or Alzheimer's Disease.

Music therapists are professionals who have completed a thorough government approved training program in order to meet clients' health needs in a responsible manner. In Europe more than 5000 certified music therapists are working in health institutions or private practices. They reach only a small part of the people who could be helped.

Using music therapy for a wide range of health needs is effective, cost efficient and contributes towards a holistic care environment.

ENDS

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