

About me:

I have 17 years experience as a creative therapist, working with a range of client groups. I qualified as a music therapist in 2003 (Anglia Ruskin University), and have since completed further training in using drama and movement in therapy (Sesame Institute) and in working with body awareness, movement, mindful attention and visualisation to process trauma and promote emotional regulation (Sensorimotor Psychotherapy Institute).

I am state registered with the UK Health and Care Professions Council (HCPC) as an Arts Therapist, and registered with the Sensorimotor Psychotherapy Institute as a Level 1 Practitioner.

What to expect:

An Individualised, Collaborative Approach

There is no 'one size fits all' as each session is tailored to your specific needs. As I get to know you I may suggest an activity or a direction for the work, but we will explore together what is most helpful. It is important that you feel safe and able to be in control, and we will work together to establish this from the start.

Aims of the work

We all have our own reasons for seeking therapy. Most of us are aware of aspects of our ways of being or experiencing life which cause us difficulty or trouble us to some degree. For some people, or at certain times, these may cause significant distress. Alternatively we may simply be seeking to understand ourselves and our life-experiences better and to grow in wholeness. An initial assessment period will help to identify your aims for the work, and these will be reviewed as the work progresses.

Some general aims:

- processing and releasing emotion that has become stuck and unhelpful
- Coming to a deeper and more compassionate understanding of yourself and others
- Gaining a greater acceptance of things that cannot be changed
- Discovering and developing personal resources for coping with difficulty and enabling growth

Creative Process

During a 'typical' session we would usually spend some time talking and reflecting on your experiences, and some time engaged in creatively working with what is coming up for you. This may involve activity such as:

- Focussed breathing to reduce anxiety and/or support attentiveness
- Becoming aware of sensations in the body (unprocessed emotion is often held in the body and may be experienced, for example as areas of discomfort or tension)
- Focussed physical activity to enable the processing of these sensations and to release physical ways of being that have become unhelpful
- Identifying existing helpful resources and building on these
- Visualising images as a tool to increase insight into areas of stuckness, and to invite change
- Expression through non-verbal sound (with musical instruments and/or voice)
- Drawing/doodling
- song/lyric/poetry writing

What is required:*Personal Readiness*

A willingness to work collaboratively with me. An openness to exploring areas of difficulty, as well as areas of strength and personal resources. An acceptance that this may feel painful at times, although it should not become unbearably painful, as we will work at your own pace and always seek to maintain safety.

Practicalities

As the therapy will take place online you will need:

- A reliable broadband connection. We will use the 'zoom' platform (you do not need to be already familiar with this as I will set up the session and send you a link to join).
- A private area within your home where you will not be disturbed, ideally with some space to move, stand up and stretch out (this does not have to be large).
- Other resources may be helpful if you have them, these might include: cushions/pil-lows, scarves, blankets, musical instruments, paper and pens/pencils.
- Therapy works best when it happens at a regular time and in the same environment. In our initial meeting we will discuss and agree the frequency and timings of sessions. Depending on your preferences and needs sessions may take place weekly, fortnightly, or more than once a week.

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