

European Music Therapy Day!



Beat the
drum!

15th November
2019

musictherapyday.com !

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15TH NOVEMBER IS THE SIXTH EUROPEAN MUSIC THERAPY DAY!

Come along to an open house event or workshop run by music therapists, the specialists in the field of music and health. Rediscover your creativity with enlivening and engaging workshops and performances. There will be music therapy conferences and meetings - open to the public. You can find more information on all events in Europe at www.musictherapyday.com and on Facebook *musictherapyday*, with many of the activities organized in the week before or after the 15th of November.

BEAT THE DRUM!

Beat the drum! is our theme this year. Everybody can join us to Beat the drum! - to release tension and other feelings which perhaps can't be spoken. Let's find joy and wellbeing as we beat the drum together in music therapy. And we want to beat the drum for music therapy - our strong support for music therapy is the reason we're celebrating European Music Therapy Day.

WHAT IS MUSIC THERAPY?

Music therapy is an established and research based health profession. In Europe more than 6000 certified music therapists are working in health and community institutions, schools, care homes or private practices. They provide music therapy for a wide range of client groups across the whole age range - from infants to old age. Music therapists work with people with learning disabilities, autism or behavioural disorders, depression and severe mental health problems, trauma and anxiety, with

Parkinson's disease or Dementia, in hospice care, neurodisability, within prisons and in other settings.

A well trained music therapist supports the client in a musical and psychological way and stimulates development or change, as beneficial to the individual's needs. Using music therapy is effective, cost efficient and contributes towards a holistic care environment.

EMTC

The EMTC is the Confederation of professional music therapy associations in Europe. It exists to nurture mutual respect, understanding and exchange between music therapists in Europe. The organization was founded on 15th November 1991 and at this time 30 European countries have joined the EMTC. Started in 2014, European Music Therapy Day is held each year on the 15th of November.

EMTC website: www.emtc-eu.com



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