

European Music Therapy Day!



Make a
Melody

15th of November
2020

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15TH OF NOVEMBER IS THE SEVENTH 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, - some of them ONLINE - 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 organised in the week before or after the 15th of November.

MAKE A MELODY

Make a Melody is our theme this year. Everybody can join us to make a melody and to find out how important melody is in our communication and expression of feelings. Let's find joy as we make a melody together in music therapy. We would like to show you the power of connecting through music and the ways in which this can help people to make steps towards greater wellbeing.

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 centres, schools, care homes or private practices. People who use music therapy have many different needs, and they include children, adults and older adults with learning disabilities, autism or behavioural disorders, depression and severe mental health problems, trauma and anxiety, Parkinson's disease, dementia and other

neuro-disabilities or who are experiencing life limiting illnesses.

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. EMTC works to promote mutual respect, understanding and exchange between music therapists in Europe. The organisation was founded on the 15th of November 1991 and currently 31 European countries are members of the EMTC. The European Music Therapy Day, which started in 2014, is held every year on the 15th of November.

EMTC website: www.emtc-eu.com



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