

Introducing

Music therapist

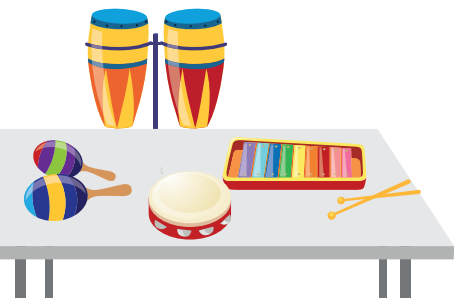


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About the role

Music therapists work with people of all ages. Using music, they help people to interact with others, express their feelings and build confidence. Music therapy creates opportunities for people to make positive changes to their physical and emotional health and wellbeing.

“I help people to communicate and tell their story through music. Music therapy enables them to work through difficult emotions. I enjoy making up songs with people and seeing them express themselves.”

– Music therapist

Did you know?

Music therapy has been a regulated healthcare profession since 1999.⁽¹⁾ There are more than 4,200 registered arts therapists in the UK including art, drama and music therapists.⁽²⁾

→ How to pursue this role

You can get into this career through a Music Therapy postgraduate degree programme. You'll then need to register with the Health and Care Professions Council (HCPC).

☆ Top skills:

- creativity and musical ability
- communicating with people
- caring for people
- working in a team
- building relationships with people
- persuading and motivating people

References:

1. British Association of Music Therapy website, accessed September 2020
2. Health and Care Professions Council, registrant data, September 2020

Find out more at
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