



music as therapy  
international

## Introductory Training Project and Local Partner Support: ETHIOPIA



*Two Music Therapists wanted to lead a 4-week project in the autumn this year responding to a request for introductory training from health professionals at a psychiatric clinic in Addis Ababa, Ethiopia, and providing additional support to our existing Local Partners and their music programmes at 3 care settings in nearby.*

*Music as Therapy International is a registered charity whose mission has long been to introduce music into the care of vulnerable, marginalised people, wherever they are in the world. Our projects are only ever delivered in response to requests from local practitioners who want to explore new ways of working with the people in their care on a day-to-day basis, using techniques and thinking informed by music therapy practice.*

### The context

Ethiopia, in the Horn of Africa, is a country rich in history and culture. Music plays a huge part culturally with around 80 different ethnic groups being associated with unique sounds through their music.

With improvements to the health system, Ethiopia still lacks in health facilities and trained professionals, especially in therapeutic fields. The experience of using music as a therapeutic tool for health and wellbeing purposes are non-existent. Our work in Ethiopia began at the request of Ethiopian Surgeon and Musician Dr. Melkamu Meaza:

*"[These projects] will help us convince the government and other stakeholders on the benefit of music, so that all parties give more attention to music therapy. I am very optimistic that your organization will be part of this vision and play a crucial role in putting music, health and wellbeing in the big picture here, in Ethiopia"*



Addis Ababa is the capital city of Ethiopia, described by previous Project Contributors as a large and busy city filled with many culinary delights (such as injera and coffee), great local music and traffic jams. There are many activities to do in the city besides exploring food, such as visiting the local museums and taking a hike in the nearby mountains.

### Project Partners

The care setting which has requested introductory training is **Lebeza Psychiatric Clinic**. This clinic offers residential care and outreach support to people with a range of mental health conditions. The referral criteria include detoxification for substance abuse, difficulties maintaining basic needs such as feeding, washing, those who are considered a danger to themselves or others, and who are displaying suicidal behaviour or self-harm.

Alongside this aspect of the project, we will be re-connecting with Local Partners who have continued using music since receiving introductory training from us in 2019 (You can read more about our previous activities in Ethiopia [here](#)). These settings are:

- 1) **Gefersa Mental Health Rehabilitation Centre** is the only mental health rehabilitation institution in the whole of Ethiopia. Music has mainly been used on an individual basis here.

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- 2) **Fikir Ethiopian National Association on Intellectual Disability** is a local non-profit making and parental association, which provides services for children and adults with a range of disabilities at its day care centre, alongside outreach services for children with additional needs. Music has mainly been used on a group basis with adults at the day centre.
- 3) **Hospice Ethiopia** is the first and only hospice in Ethiopia, striving to improve the quality of life of patients living with terminal illnesses, including cancer and/or HIV and AIDS, and their families. Recently they have been running a music group once or twice a month to patients attending their day centre.

### **What we are looking for**

This project has been requested by local practitioners supporting a wide range of client groups, encompassing learning disability, mental health and palliative care. It is this breadth that has led us to seek **two music therapists** for its delivery.

The successful applicants will have:

- Proven experience of working with adults with learning disabilities, people living with mental illness and/or terminal illnesses.
- Experience of working with support staff and other professionals within and around music therapy sessions.
- Experience of delivering workshops and/or teaching.
- Experience of working overseas.
- An enhanced DBS check and HCPC registration.

The successful applicants will share *Music as Therapy International's* belief that the sharing of skills is a positive approach to:

- improving care practice
- increasing opportunities for vulnerable people to access music
- promoting music therapy

Full induction, support and supervision will be provided before and during the project delivery. At the beginning of the project, a *Music as Therapy International* representative will be in Ethiopia to oversee the first week of the project and provide onsite support to the team. A debriefing meeting will be held after the project delivery.

Remuneration for this project is in line with local salaries and does not equate to UK pay scales. We will cover all travel, accommodation and local living costs for the duration of the project.

### **Project Structure**

It is anticipated that 2-3 days each week will be spent at Lebeza Psychiatric Clinic, delivering a series of weekly music sessions with the patients and participating staff. Over the course of the project, you will support the participating staff to explore skills and techniques to create meaningful musical opportunities for those in their care. Starting with demonstration, you will gradually hand over leadership of the musical activities, leaving the project participants with the musical instruments, skills, experience and confidence to sustain and develop their musical activities beyond the delivery of this project.

The remainder of the week will be divided across our 3 existing Partner settings. This aspect of the project will seek to understand the ways in which music is still in use or the ways in which our Local Partners would like to reintroduce or extend the role of music in their care practice. Time will be allowed to celebrate local practice and achievements, to provide tailored additional support to the staff to strengthen their music activities, and to think about what is needed to maintain their confidence with music in the future.

In addition to delivering music sessions and training, the music therapist and assistant will have a few administrative responsibilities. These will include:

- Writing two blogs for our supporters
- Taking photographs and/or video (with consent)
- Keeping onsite accounts and working within a budget
- Writing a clinical report and contributing to a report for sponsors compiled by *Music as Therapy International*

### **To Apply**

Applicants are required to submit a completed Application Form, which can be downloaded from our website [here](#) If you have any questions, or would like help completing your application, please contact Makeda Mitchell ([makedamitchell@musicastherapy.org](mailto:makedamitchell@musicastherapy.org)).