



Increasing Access to Music for Young People Facing Challenges in Rwanda



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1. Authors



Fidele Nshimiye



Alphonsine Musabyen



Audace Musoni



Alexia Quin



Makeda Mitchell





1. Authors

Fidele Nshimiye



Fidele

“

Since I was trained in music as therapy it has helped me in my work because it has allowed me to interact with children with disabilities. Those who cannot speak have expressed their feelings to me so that I can hear them. It also encouraged children to be creative and work in groups. It also motivates children to be active in other activities.



music as therapy
international

Recommended Trainer

Fidele Nshimiye works at the Urugwiro Centre with children with disabilities and has been using music in his work since 2016. Fidele also has experience of working with people with mental health problems in the Republic Democratic of Congo.





1. Authors

Alphonsine Musabyemariya



Alphonsine

“

What I can say about music as therapy is that it helps me in my daily work and peoples' family life. In my work, when we work with music as therapy it helps each child in their own way. For families, when music as therapy is used for people who have experienced trauma and those who are lonely, it really helps them to become happy in doing their daily activities. Music as therapy helps me to discover the details of each child during the lesson, to know their likes and dislikes. Music as a cure has come to light for all people with mental health problems. I also encourage everyone to love music as therapy and to share it with others. A family that uses music as therapy is free from conflict.



music as therapy
international

Recommended Trainer

Alphonsine Musabyemariya works at Alivera Centre, working with children and young people with disabilities since 2007. She has been using music in her work since 2009.





1. Authors

Audace Musoni



Audace



I find using music inspiring because music is popular, music is healing medicine, music is life and also music is a source of incomes. You reach your objective at a high rate if you use music in your activities.


Music creates quick impact and facilitates to positively change the society. For example, using music with the children and young people with disability from Urugwiro Centre and Alivera Centre made them live a purposeful life (some of them are carpenters, tailors,...)



music as therapy
international

Recommended Trainer

Audace Musoni works as the Coordinator at Rusizi Youth Centre and he has been using music since 2009. Audace has extensive experience working with young people and young people with disabilities since 2016.

[Visit this link to read more of Audace's story on the MasT website.](#) 





1. Authors

Alexia Quin



Alexia Quin is a music therapist and founder of Music as Therapy International who has been recognised for her work promoting music therapy in areas of the world where the profession is less established with the WFMT Advocate of Music Therapy Award (2017) and awarded of an OBE in 2021, for services to music therapy.



Click on the video thumbnail to learn how music inspires Alexia, the Director at Music as Therapy International.





1. Authors

Makeda Mitchel



Makeda Mitchell is the International Programme Manager for Music as Therapy International and works closely with the charity's Rwandan Partners on their training activities.



Click on the video thumbnail to learn how music inspires Makeda, the International Programme Manager at Music as Therapy International.





3. Acknowledgments



Throughout *Music as Therapy International's* work in Rwanda, the charity has been grateful to Rwanda Action for their support, practical guidance and advice.

This ePoster has been translated into Kinyarwanda (Rwanda's local language) so special thanks to Ildephonse Nsengiyumva for doing the translations.





3. Acknowledgments

Music as Therapy International's work in Rwanda was instigated by UK music therapists Helen Leith and Judith Nockolds, who spent time in Rwanda working in various places with disabled children and young people and forming links with Tubakunde, a Rwandan association made up of local organisations dedicated to furthering national awareness of the needs of disabled people.

"Helen was a very brave person; she has a courage for helping and providing care for vulnerable people and a passion to spread the use of music as therapy."

**(Acknowledgement from the
Rwandan Trainers)**





3. Acknowledgments

Dr. Caroline Anderson and Dr. Nicky Haire delivered the first introductory training (skill-sharing) project, with the support of Therese Mukandariyo and Consuelo Ceribelli.

"Nicky and Caroline are professional trainers and I saw how they taught us the use of music as therapy even though we did not understand English well. But they made it possible and we liked it. They have a talent for innovation and are true musicians in working with different client groups."

***(Acknowledgement from the
Rwandan Trainers)***





3. Acknowledgments

Subsequent support was offered to participants in the introductory training project by Music Therapists Isabel Bedford, Una McInerney and Lindsay McHale with the support of Jane Robbie and Hannah Hulin.

"Hannah and Lindsay, although we did not work together a long time, we saw something from them when they arrived and it seems that they have the experience for using music."

(Acknowledgement from the Rwandan Trainers)





4. An Introduction to Rwandan Music



Rwandan music is related to the culture as it is a unique culture. Special Rwandan music has a unique composition, including special traditional instruments (e.g. horns, skin drums) and special style of dances (e.g. Umushayayo, Guhamiriza, Ikinimba). Rwandan songs attract the emotions of listeners or viewers.

[Visit this link to listen to an audio of a music session in Rwanda which gives insight into the musical culture of the country.](#)





4. An Introduction to Rwandan Music

Clarisse Karasira - Sangwa Rwanda



[Visit this link to listen to this Rwandan Song: "Sangwa Rwanda" by](#)

[Clarisee Karasira](#)





5. Training Rwandan Caregivers to Use Music

[Visit this link to read the 'Rationale for Training Rwandan Caregivers to Use Music](#)



[Visit this link to view the training programme.](#)





5. Training Rwandan Caregivers to Use Music



This is the first 3 minutes of a training video created by Music as Therapy International to be used in the delivery of introductory trainings in Rwanda. This video contains footage of music sessions led by Rwandan Partners and is narrated by Helen Leith the British music therapist who initiated Music as Therapy International's work in Rwanda. The Rwandan Trainers have gone on to use this video in their own Locally-Led Trainings.

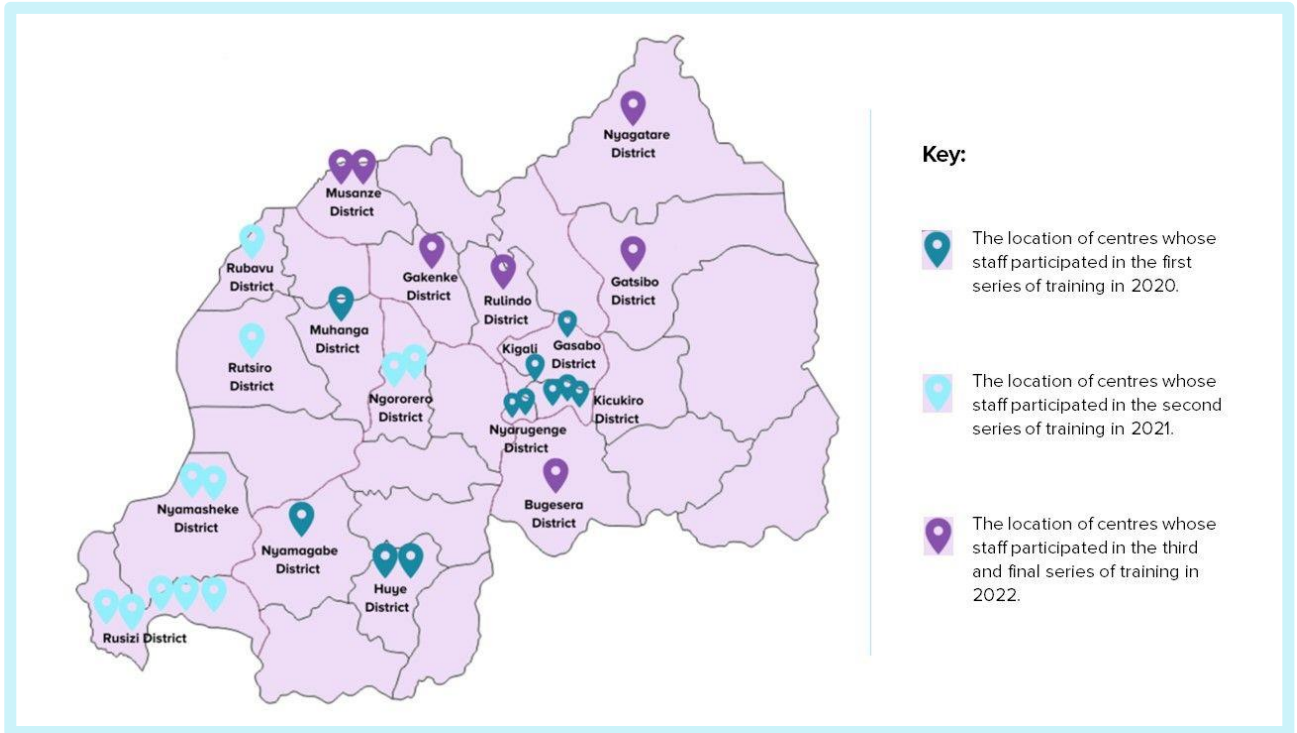
[Visit this link to view a video extract created by Music as Therapy International for introductory trainings in Rwanda.](#)





6. The Impact of Three Training Events

Participants' Workplace Locations



This is a map of Rwanda with the outlines of the country's districts. The pins across the map show in which districts are located the workplaces of participating staff from the Rwandan Trainers' training events in 2020, 2021 and 2022.





6. The Impact of Three Training Events

Trainers' and Participants' Experiences



[Visit this link to read more about the impact of the three training events on the Rwandan Trainers and their training participants here.](#)





6. The Impact of Three Training Events

Rwandan Trainers' Training Series 1 (2020)



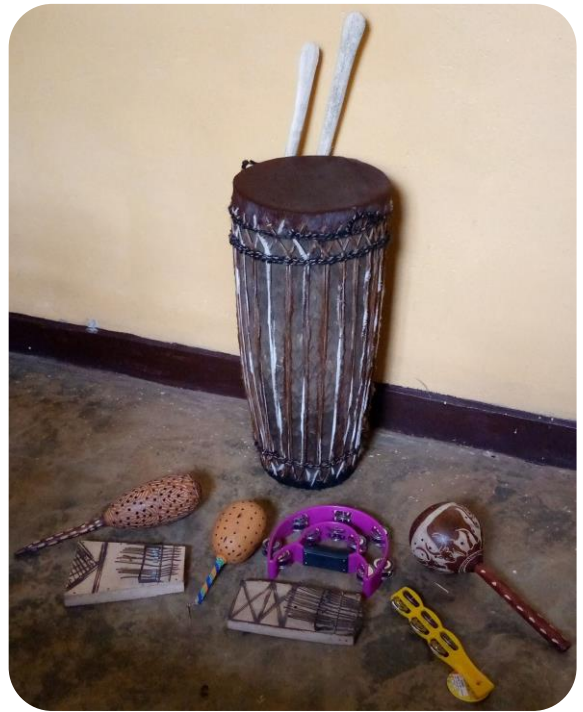
[Visit this link to see a short video of Training Series 1](#)





6. The Impact of Three Training Events

Rwandan Trainers' Training Series 2 (2021)





6. The Impact of Three Training Events

Rwandan Trainers' Training Series 2 (2021)



[Visit this link to see a short video of Training Series 2](#)





6. The Impact of Three Training Events

Rwandan Trainers' Training Series 3 (2022)





6. The Impact of Three Training Events

Rwandan Trainers' Training Series 3 (2022)





6. The Impact of Three Training Events

Rwandan Trainers' Training Series 3 (2022)





7. Future Plans

1

Providing ongoing support to participants of the three training series from 2020-2022, visiting the participants in their care settings.

2

Working with Music as Therapy International to evaluate the medium-term impact of the three training series.

3

Working with Music as Therapy International to strengthen the Youth Led Musical Therapy Association.

4


Increasing access to music for young people facing challenges in Rwanda and raising awareness of the use of music in Rwanda globally.






8. Training Leaflet



[Visit this link to see our Rwandan Trainers' Training Leaflet \(English here\).](#) 


[Visit this link to see our Rwandan Trainers' Training Leaflet \(English here\).](#) 





9. Youth Led Musical Therapy Association (YLMT)

Information about YLMT

"In conversation" :
Rwandan Trainers'
Association 

YLMT Non-Governmental Organization (NGO) registration certificate (RGB). 



Contact Youth Led Musical Therapy 

Youth Led Musical Therapy Website 





10. Feedback



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If you have time to feedback on your experience of this poster, you can either write a brief comment in a free text or answer 6 short questions

[here.](#) 