



International Partner Survey Report



music as therapy
international

Abbreviations

MasT: Music as Therapy International

Glossary

Partners:

These are people who have participated in our training projects and may be employed in any care setting in any capacity.

Vulnerable people:

These are the children and/or adults who are in the care of our Partners and who benefit from our Partners' music sessions.

Care setting (or setting):

These are the places where our Partners work and either use music or principals of music therapy with those in their care. Care settings include: schools, clinics, hospices, centres for any age demographics or specific special needs, therapy centres, etc.

Music:

This refers to the use of music in a therapeutic way.

Music session:

This is a period of time that our Partners devote to using music either with individuals or in groups.

Introductory Training project:

We work in partnership with care settings and new Partners to tailor and deliver training projects which will introduce music into their care. Led by a professional music therapist, each project aims to equip people working at the heart of care with the skills, resources, experience and confidence to run music sessions independently. The types of Introductory Training project that are referred to in this report include: On-site skill-sharing, Distance learning, Structured training, Online training.

Thank you note

Our Partners worldwide are essential to the *Music as Therapy International's* vision to make music an integral part of care for vulnerable children and adults worldwide. *Music as Therapy International* can provide training and support, but it is our Partners who increase local access to the therapeutic benefits of music. So to maximise on this local potential, we always want to understand as much as we can about our Partners' work, about the children and/or adults they work with and the impact they see their music sessions have. In 2019/20 we invited all our international Partners to complete a survey to tell us about their work with music and give us insight into the true impact of our training projects. To all our Partners who completed and returned the survey, thank you very much!

A total of 72 Partners worldwide who work in 56 care settings in 7 countries participated in our survey. Their feedback and information has been extremely useful for us to learn from and very inspirational. Whilst not all of our international Partners returned surveys, engagement was sufficient for us to believe the information and data presented in this report is representative of our Partners' experiences more widely.

This report has been compiled to champion local achievements, our Partners' pride in their work and the impact of their music sessions. It has been fascinating to see the similar and different ways the role of music is evolving within care and education in different countries. Read on to find out more about our Partners, about the creation of our survey, to see a global overview of findings from all our Partners' surveys, to examine individual country summaries, and to hear our key learnings from our Partners' feedback. *Note:* Individual Country Summaries are presented in the order in which *Music as Therapy International* began working in each country.

Who are our Partners?

Over the last 25 years, *Music as Therapy International* has built an international network of 341 Partners to date working in 7 countries with potential to create the opportunity for a total of 16,338 vulnerable children and adults worldwide to access music this year alone. The international partner survey has helped us to acknowledge the level of active engagement we have with some of our Partners.

Typically, the number of people we have trained increases with every year that passes, but of course people's work changes over time. In some instances, some Partners stop using music or even leave the caring profession. But often their work just re-locates or is interrupted temporarily. With support and opportunity, we have discovered that many introduce music back into their work when changes stabilise. Not all our Partners were able to participate in our survey, even if they actively or occasionally engage with us, but we are pleased to have collected a sample of responses from many of our Partners from each country.

The majority of our Partners worldwide within our network are: mainstream and special needs teachers; support teachers; youth leaders; managers; support workers for vulnerable people; music, art and instrumental teachers; therapists; psychologists; social workers; outreach workers; librarians; volunteers; administrators; and project coordinators. Whatever our Partners' role and wherever they work, our Partners all share a common motivation to embed music into the activities and care they provide.

We are very proud of our Partners' achievements and commitment. We take huge satisfaction from being able to walk alongside them as they develop their use of music and wider recognition of its therapeutic benefits wherever they are working; this survey has given us the opportunity to hear our Partners' reciprocal appreciation of working with us (96% of our international Partners said they would recommend *Music as Therapy International* to others and 89% told us that our ongoing support is important to them). This affirms why we seek to keep genuine Partnerships integral to how we work.

Background of the International Partner Survey

Music as Therapy International has long wanted to use a single survey across all of our International Partners to gain deeper understanding of their perspectives worldwide relating to their experiences of our training and support, and the impact music has subsequently had for the vulnerable people in their care. Inspired by our UK Partners engagement in a similar survey and their pride in their work, with guidance from our Advisory Panel, we adapted the UK survey to design another one relevant for our International Partners to complete.

A great team of translators enabled us to send the surveys in some of our Partners' local language, where appropriate. Surveys were distributed in Romanian; Arabic (for our Palestinian Partners); Kinyarwanda (for our Rwandan Partners); Georgian; Amharic (for our Ethiopian Partners); and Burmese (for our Partners in Myanmar). Although many of our Partners in India speak Hindi or Telegu, English is commonly used and so our survey was shared with them in English. We also encouraged our Partners to complete the surveys in their local language, translating their responses as we received them. We hoped working in the local languages would reduce risks of misinterpretations and optimise our Partners' ability to express themselves fully. This strengthens our confidence that this report accurately reflects our Partners' feedback and perspectives.

All International Partners



music as therapy
international

Overview of all International Partners

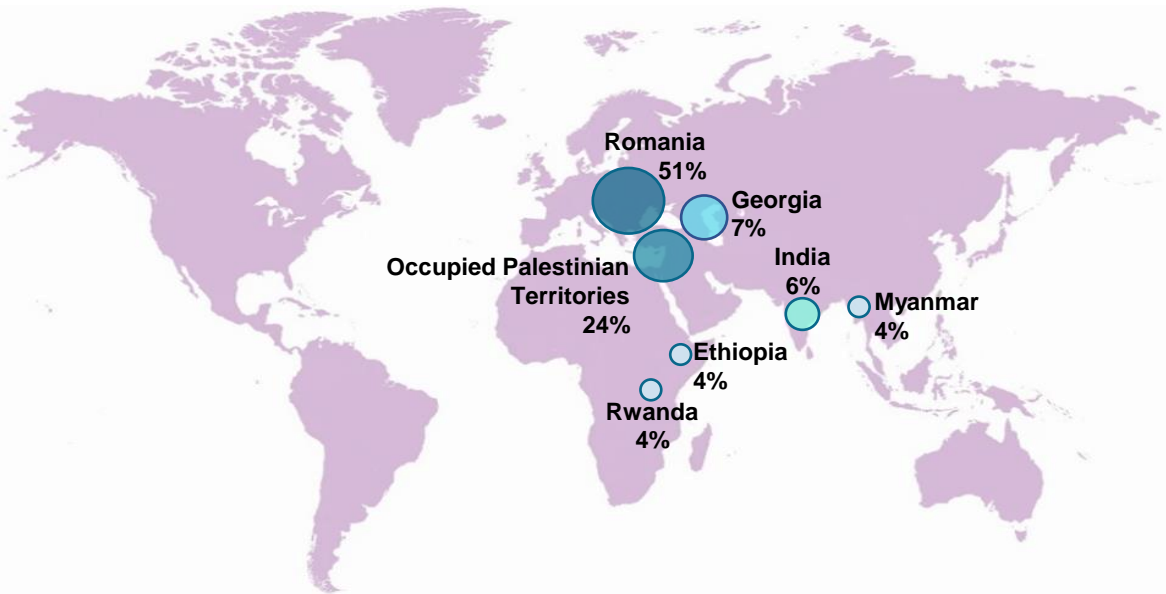
Music as Therapy International have Partners from as long ago as 1998, until as recently as 2021. Many of these Partners are people who are still using music, and on average, our international Partners have been using music for 7 years.

Some of our Partners are still using music or the principals of music in the same care setting where their Introductory Training initially took place, and some in new care settings where they carried on their music practice or even in their own newly established care settings.

Our Partners worldwide

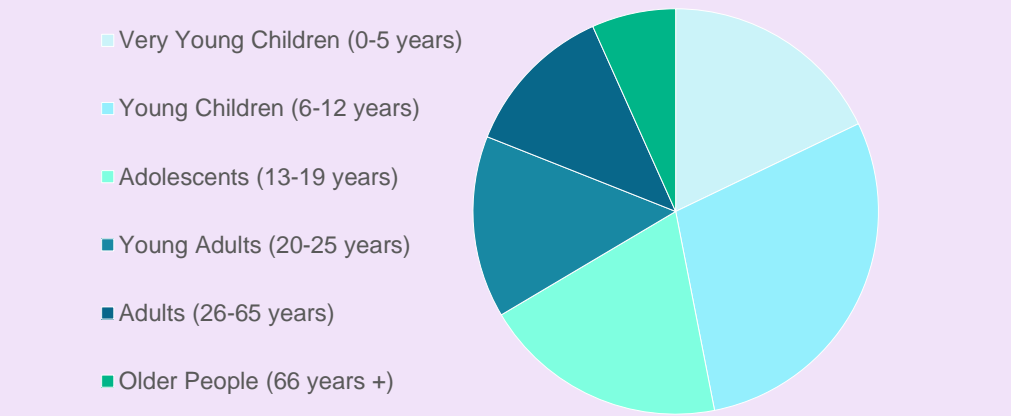


The map below displays the proportion of surveys completed per country.



Vulnerable people our Partners work with

The below pie chart represents the age groups of the vulnerable people who participate in the music sessions ran by our Partners worldwide.

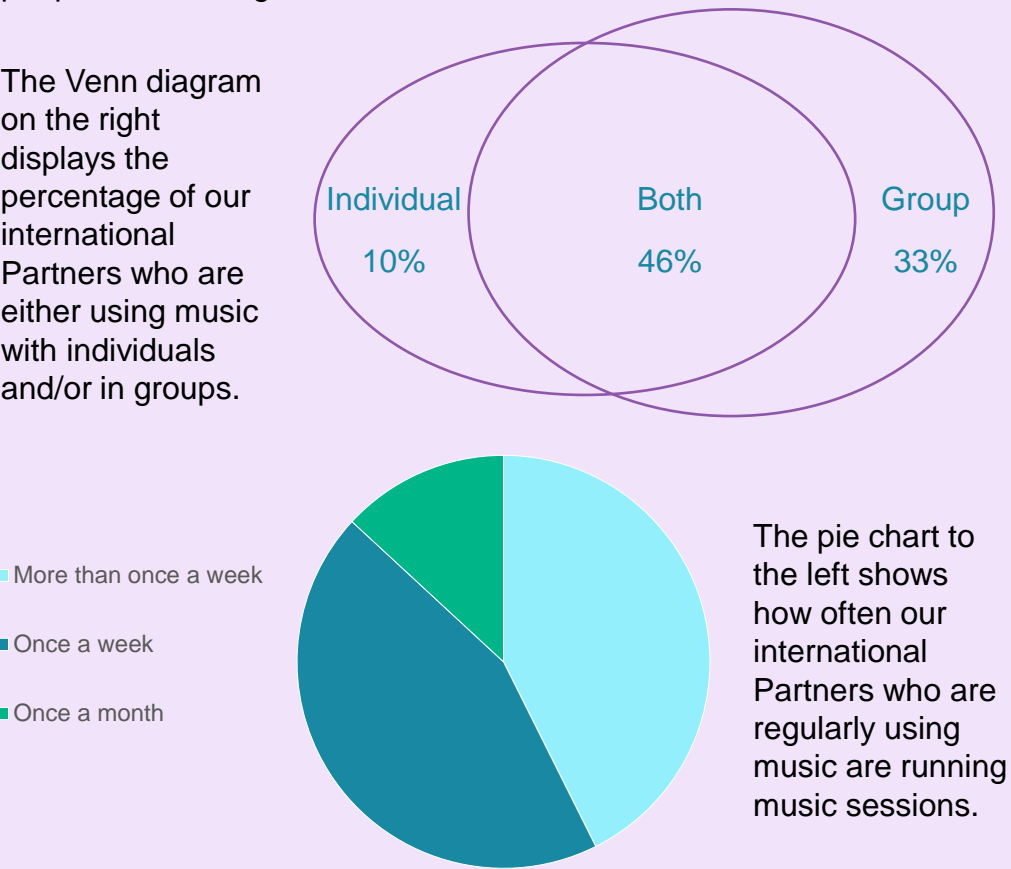


The majority of our Partners worldwide are using music with vulnerable children and/or adults who have **communications difficulties**, **attention difficulties**, **learning disabilities**, and who are **hyperactive**.

Music sessions

67% of all our Partners who returned a completed questionnaire are regularly using music. 92% of our Partners worldwide have shown colleagues how to use music and 83% talk to colleagues or other people about using music.

The Venn diagram on the right displays the percentage of our international Partners who are either using music with individuals and/or in groups.



Impact of Introductory Training project

- Since the Introductory Training projects:
- 99% of our Partners agree that what they have learnt has changed how they teach, work or provide care.
- 92% of our Partners have noticed that what they have learned has changed their practice more widely that just in music sessions.
- 97% of our Partners are proud of their music sessions.
- 94% of our Partners are more confident.
- 90% of our Partners have more responsibility now.
- 92% of our Partners are more committed to their work.

Impact of our Partners' music sessions

- 89% of Partners have indicated that the vulnerable people who are in their care are benefiting from participating in music sessions.
- The majority of all our Partners have noticed that the top therapeutic benefits from music for the vulnerable people in their care are: **enjoyment**; **participation**; **emotional expression**; **concentration**; and **reduced stress**.

Experiences of working with *Music as Therapy International*

- 86% of our Partners worldwide felt that it was easy to arrange their participation in their initial Introductory Training project.
- 92% of our international Partners enjoyed participating in their Introductory Training project.
- 92% of our Partners worldwide expressed that the music therapist who delivered their project was professional and had the experience our Partners needed.
- 89% of our international Partners expressed that ongoing support from *Music as Therapy International* is important.
- 96% of our Partners worldwide would recommend *Music as Therapy International's* training to others.

Key learnings

Music continues to be a significantly important part of the care that our Partners worldwide provide. In addition to the insights on the previous pages, there are many other key learnings from our Partners' completed surveys, strengthening our understanding of local practices in ways which will help to inform future Introductory Training projects and the ways we support our existing Partners.

Therapeutic benefits of music: Our Partners report of the positive and meaningful experiences music gives the vulnerable people who are in their care, the ways it enhances the opportunities they offer and the powerful impact it can have for people facing wide ranging difficulties across the lifespan. Several told us about how they are also personally benefiting from the shared meaningful experiences, and how the use of music has also strengthened their work with the families of some vulnerable people. The emphasis differs from country to country, as do the main client groups with whom our Partners work, but there is also commonality across our global network.

Sustainable Impact: Following introductory training provided by *Music as Therapy International*, our International Partners are able to integrate new music skills into their work with vulnerable people worldwide. With ongoing support, this use of music can be embedded into care and education opportunities maintained independently for many years.

Capacity Strengthening: Many of our Partners told us how their music training has fed their professional development. Local leadership is strong, with many Partners in a number of different countries sharing their skills with others and promoting the therapeutic role of music locally.

Listening to our Partners' Needs: We strive to be Partner-led through each stage of project development, so we can tailor our approach to what is wanted and needed locally. However, Partner feedback indicates this is not always felt at a local level. We need to work harder to seek out the views of participants in our projects, to ensure we are not led solely by those whose voices are easier to hear, and to understand better where our efforts are falling short.

Tailoring our Support: Our Partners have given us clear guidance with respect to specific aspects of music practice with which they would like further help. These include:

- Provision of musical activity resources, especially for people living with dementia and people who live with trauma.
- Opportunities for our Partners to share their experiences of using music across Music as Therapy International's global network.
- Access to supervision on our Partners' music sessions.
- Additional training for our Partners to extend their use of music with new client groups.
- Access to new or additional musical instruments to replenish and build their resources.

Engagement: Despite the challenges of Covid we were heartened by the number of Partners who provided detailed responses to our survey. Their willingness to share their stories and to continue their learning evidences a strong commitment to keeping music integral to the care they provide. Alongside specific local guidance on how we might tailor our support and digital developments over the past year, it is exciting to think about new ways we can nurture our Partners' use of music practice in the future.



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