

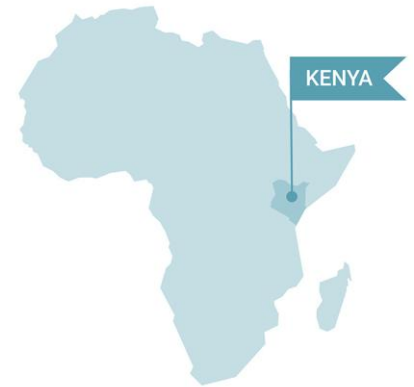


music as therapy
international

Introductory Training: KENYA

A Music Therapist and Assistant wanted to lead a 6-week introductory training project for teachers requested by Bombolulu School of Promise in Mombasa, Kenya. Likely timing: May-June 2025.

Music as Therapy International is a registered charity whose vision is to see music embedded into the care of people in vulnerable situations worldwide by inspiring, guiding and championing caregivers' use of music to strengthen care.



The context

Kenya is a country in East Africa with a coastline on the Indian Ocean and is known for beautiful beaches, incredible wildlife safaris and Mount Kenya. Whilst Nairobi is Kenya's capital city, Mombasa is a coastal city south of Kenya and is a major tourism hub due to its location.

Kenya's heritage is significantly influenced by a diverse mix of ethnic groups alongside notable historical influences from Arab traders and British colonial rule, resulting in a rich cultural blend evident in the national language (Swahili), cuisine, architecture, traditional practices and music. Music has been used among some communities in Kenya as a component of traditional healing practices and there has been some informal exploration of music therapy; however, music therapy is not an established approach or profession.

Bombolulu School of Promise

This project was requested by the founder of Bombolulu School of Promise where staff are interested to explore how they might use music therapeutically with their students. Although primary education is free in Kenya, there are usually other costs for families to send their children to school, such as enrolment fees and school materials, which may be a challenge for some families. Bombolulu School of Promise provides free primary education up to year 6 for approximately 100 children between the ages of 6 – 13 and whose families cannot afford for them to attend the government school. The school also helps to find sponsorship for students who are ready to advance onto secondary education.



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Registered Charity No: 1208086

www.musicastherapy.org

  [musicastherapy](https://www.facebook.com/musicastherapy)

What we are looking for

We are seeking to appoint a volunteer team for the delivery of this training, comprising a Music Therapist and an Assistant (someone with relevant experience to support the music therapist, but who is keen to learn more about music therapy alongside the participating Kenyan teachers). The team will work in partnership with the school's staff to identify the outcomes the school would like to see from incorporating therapeutic music-making into their programme, how they might work together to achieve these outcomes, and to create a music programme informed by principles of music therapy that can be sustained by the teachers themselves after the team return to the UK.



- The successful **Music Therapist** should have proven experience of working with children with social and emotional needs, and of collaborating with support staff and other professionals within and around music therapy sessions. Experience of delivering workshops and/or teaching and of living and/or working overseas would be beneficial.
- The successful **Assistant** need not have any music therapy qualification but should have work or lived experience relevant to this project. This role would be suitable for someone looking into music therapy as a career or has particular interest in music and international development. The assistant role is to support the Music Therapist, possibly videoing sessions or assisting with group work, and assuming responsibility for all administrative matters. The Assistant will need to raise a minimum contributory funding of £750 towards project costs.

The two 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 people in vulnerable situations to access and benefit from music; promoting music therapy. Lived experience or insight into Kenyan heritage and culture would be viewed extremely positively.



Full induction, support and supervision will be provided before and during the project delivery and a *Music as Therapy International* representative will be in Kenya alongside the team to oversee the first week of the project. A debriefing meeting will be held after the project delivery and *Music as Therapy International* has a commitment to providing long term support to the Kenyan teachers to help them sustain their use of music after the team return to the UK.

The two successful applicants will be offering their time and skills to deliver this project on a voluntary basis. *Music as Therapy International* will cover all travel, accommodation and local living costs for the duration of the project.

Training Structure

The first week of the project will involve spending as much time as possible observing activities at Bombolulu School of Promise, building relationships with participating teachers and the whole school community and establishing a shared vision for the whole project. Weekly music sessions with the participating staff and children will begin the following week and, over the course of the project, the participating staff will be supported to explore skills and techniques to create meaningful musical opportunities themselves for the children. The volunteer team will gradually hand over leadership of the musical activities, leaving the participating staff with the musical instruments, skills, experience and confidence to sustain and develop their musical activities beyond the delivery of the training.

In addition to delivering music sessions and training, the Music Therapist and Assistant will have a few administrative responsibilities, including sharing news from the project for our social media channels and supporters, documenting the project with photographs and/or video (as appropriate and with consent), keeping

records of spending (working within a budget), and contributing to two reports (one clinical report, led by the music therapist, and one report for sponsors, led by *Music as Therapy International*).

To Apply

Applicants are required to submit a completed Application Form, which can be downloaded [here](#). If you have any questions, or would like help completing your application, please contact Makeda Mitchell (makedamitchell@musicasterapy.org). **Deadline for Applications: Sunday 16th March 2025**

Initial interviews will be via Zoom; shortlisted candidates may be asked to attend the charity's office in London for a second interview.