

Mindful Music

Listen – Create – Grow

What is Mindful Music?

Mindful Music is a short-term therapy which helps people change the way they react to stressful situations, anxiety, and conflicts. Mindful Music can be done through individual sessions with a therapist, or as part of a small therapy group. Having a therapist lead the sessions means a safe, supportive environment is provided throughout the process.

How does it work?

This process uses music-listening and creating images to help us recall positive feelings and moments in our lives. The therapist helps the client(s) to focus on these feelings and bring them into the present moment. These feelings are strengthened through creating images as we listen to music (see examples below). The music is a metaphorical container which ‘holds’ us throughout this process, much as mindfulness meditation holds us within a moment of stillness. With support from the therapist, the repeated experience of this process instils these feelings within us. We can then more easily call upon this inner strength and positivity when we need it most.

Images can take the form of shapes, blocks of colour, or pictures – no experience of drawing is necessary:



Who is it for?

Mindful Music can benefit anyone who is experiencing stress and/or anxiety. It can also help people with:

- Self-confidence
- Self-worth
- Emotional wellbeing
- Work-life balance
- Self-expression

Testimonials:

‘Through Music & Imagery Therapy, I feel like I have made so much progress in terms of understanding myself and making physical progress in my daily life.’

Client referred for stress and anxiety

‘I don’t want memories to fade, or people to be forgotten. The music gives [you] memories and makes you more relaxed. Music & Imagery helps you to hold on to the good memories...this helps things to feel calm.’

Client referred for bereavement therapy