4B) Working with the Ending in Mind: Short-term Music Therapy Interventions

Belinda Lydon, Music Therapist (UK)

This presentation will focus on a case study of a child receiving low-intensity Music Therapy as part of the TIME-A research trial. It will explore feelings of anxiety expressed inside and outside the Music Therapy room about the inevitable ending of therapy and whether preparation for the ending can be the 'intervention' itself.

Belinda Lydon is a Welsh Music Therapist who lives and works in London. She works in adult mental health and with children with ASD. In addition to her clinical work, Belinda is Professional Development Officer and Trustee for the British Association for Music Therapy.