

Music Mentoring and Song Therapy

Therapeutic Music Making for your
Wellbeing



LAYSTON MUSIC

Piano | Guitar | Singing
Song Writing Tuition

Talena Cuthbert
Music and Health Practitioner

Song And
Sound

MUSIC AND HEALTH
PRACTITIONER

The logo for Song And Sound features a colorful, multi-colored wavy line above the text. The text "Song And Sound" is in a large, purple, serif font, and "MUSIC AND HEALTH PRACTITIONER" is in a smaller, purple, sans-serif font below it.



Talena Cuthbert

Music and Health Practitioner

I believe in the transformative power of music. My music mentoring program is designed to make a difference to your overall wellbeing through **Therapeutic Music Making**.

With over **two decades** of experience as a professional musician, teacher and songwriter as well as a decade of working with young people facing Special Educational Needs and Disabilities (SEND) and mental health challenges, I am uniquely equipped to guide you through a unique musical journey.

My qualifications include a BA Hons Degree in **Popular Music & Recording**, a Level 3 Diploma in **Music Therapy**, Level 4 Diploma in **Sound Therapy** as well as a Level 2 in **Understanding Children's and Young Peoples Mental health** and **Understanding Autism**.

To find out more visit my websites:

www.laystonmusic.co.uk | www.songandsound.co.uk

Therapeutic Music Making: Embrace Wellness Through Music

Music possesses the extraordinary ability to **heal**, **soothe**, and **uplift**. My Therapeutic Music Making program is tailored to children and young individuals facing the challenges of SEND or mental health conditions. Drawing upon over a decade of experience working with these unique challenges, I understand that each **person is unique**, and I celebrate these differences through music. Here, I offer a safe and nurturing environment where **wellness is nurtured through the creative expression of music**.

My offerings encompass a wide range of musical avenues, allowing participants to explore their creativity.





Instrumental Learning

Embark on the enriching experience of learning to play a musical instrument, where the world of melodies becomes your own. Whether you're drawn to the soothing notes of a **piano**, the rhythmic beats of a drum, or the harmonious strumming of a **guitar**, my lessons are meticulously crafted to cater to your unique interests and abilities. Together, we'll explore the intricacies of your chosen instrument, nurturing your talent and passion along the way.

Vocal Training

Unleash the boundless power of your voice through tailored singing lessons. Beyond honing vocal techniques, singing serves as a transformative tool for self-expression, enhancing your confidence and self-esteem. As your voice finds its strength and resonance, you'll discover the joy of communicating through music, embracing each note as an opportunity for personal growth.





Music Games

Music games serve as engaging and effective tools within the realm of music mentoring, adding a playful dimension to the learning process. These interactive activities not only make music education enjoyable but also enhance various skills crucial to a well-rounded musician. From rhythm-based games that improve timing and coordination to ear training activities that refine pitch recognition, music games cater to different aspects of musical development. Additionally, creative games like improvisation challenges nurture spontaneity and self-expression, vital skills for any musician. Integrating music games into mentoring sessions not only fosters a love for music but also instills confidence, teamwork, and problem-solving abilities, creating a dynamic and enriching learning environment. Through these games, students can explore the joy of music in a lively and interactive manner, making the learning experience both educational and entertaining.



Song writing and Improvisation

Immerse yourself in the creative realm of song writing, where emotions and stories intertwine to find their voice in lyrical poetry and captivating melodies. Song writing, a therapeutic outlet, allows you to express feelings and thoughts that may otherwise remain unspoken. Additionally, we can explore the art of musical improvisation, transcending boundaries by spontaneously creating harmonies using our voices or other instruments, fostering a deep sense of musical freedom and expression. This is where my real passion for music mentoring comes in to play.

Music Appreciation



Beyond the technical aspects, music offers profound therapeutic benefits. Engaging with music can be a transformative experience, reducing stress and anxiety by inducing relaxation and lowering cortisol levels. It becomes a conduit for expressing complex emotions, lifting your mood and energy with uplifting tunes, and even providing solace by aiding in pain management. Music's therapeutic potential extends to improving sleep quality, stimulating cognitive functions, fostering social connections, encouraging physical activity, and offering catharsis by reflecting profound emotions. While the therapeutic effects vary individually, professional music therapy, guided by seasoned experts, involves personalized interventions tailored to your specific needs and goals. This ensures a targeted and effective therapeutic approach, making your musical journey not just educational, but also profoundly enriching and healing.



Arts Award Qualification

Recognised Qualifications

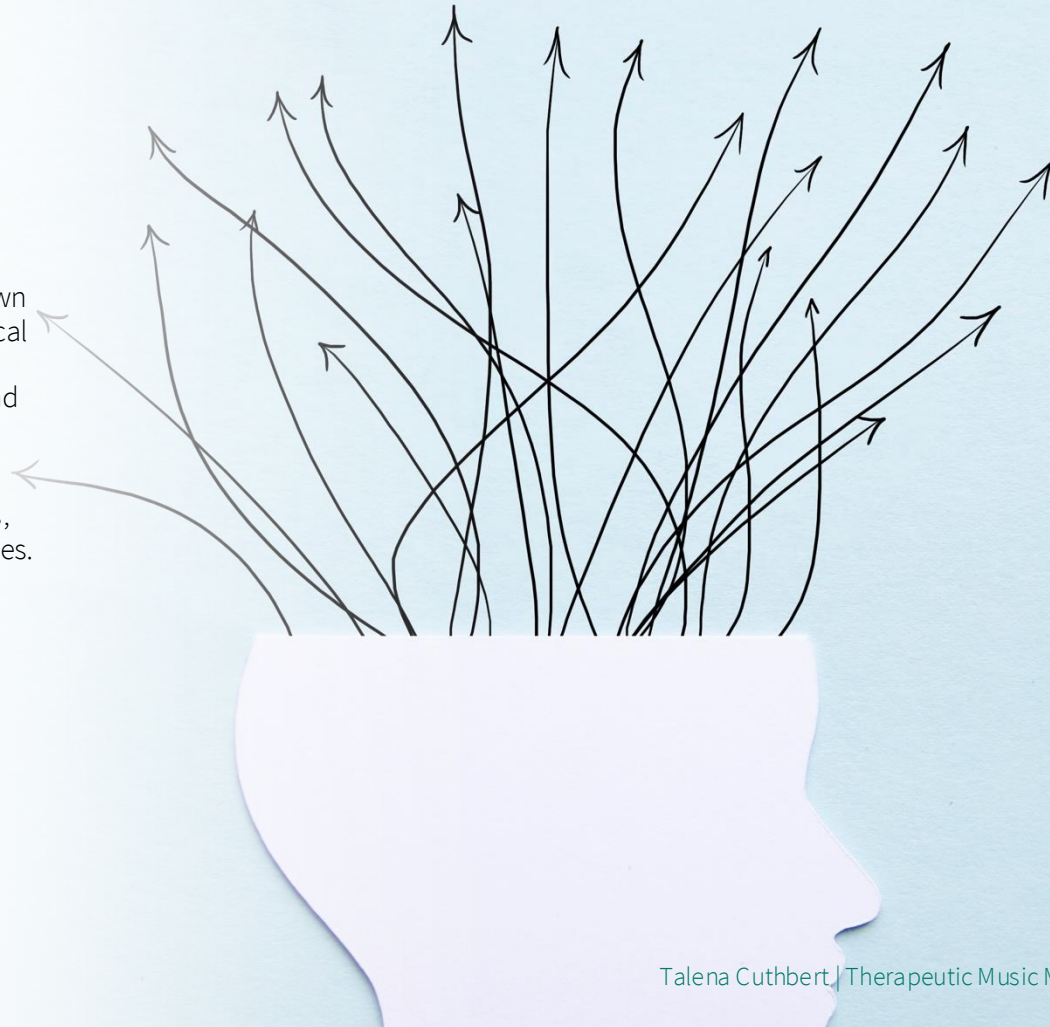
Your musical journey is not just about learning; it's also about recognising your dedication and achievements in the arts. As you progress, you *can* work towards earning an esteemed Arts Award qualification. This accolade acknowledges your artistic endeavours, symbolising your commitment to the craft and the milestones you achieve along the way.

Benefits of Learning Music



Cognitive Benefits

- **Improved Academic Skills:** Studies have shown that learning music can enhance mathematical and spatial intelligence, leading to improved performance in subjects like mathematics and science.
- **Enhanced Memory:** Music training involves memorising patterns, melodies, and rhythms, which can enhance memory and recall abilities.
- **Better Language Skills:** Musical training has been linked to enhanced language development, including vocabulary and reading comprehension skills.
- **Increased IQ:** Research suggests that musical training can raise IQ levels, especially in children, by stimulating various areas of the brain.



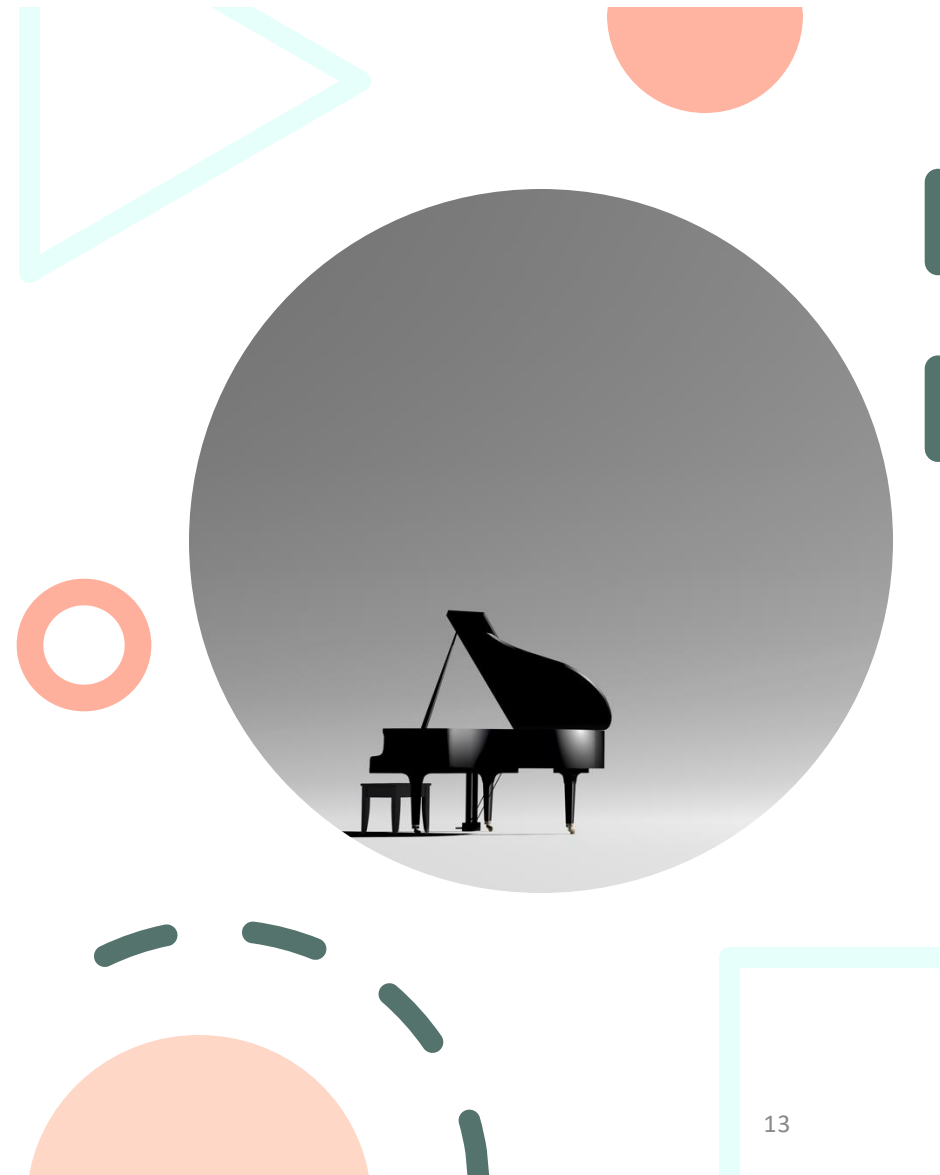


Social Benefits

- **Enhanced Communication:** Playing in a band or ensemble fosters communication and teamwork, enhancing social skills and collaboration.
- **Increased Empathy:** Music can evoke strong emotions and empathy, helping individuals connect with others on a deeper emotional level.
- **Community Engagement:** Music learning often involves participation in community events, concerts, and festivals, promoting a sense of belonging and community engagement.

Emotional and Psychological Benefits

- **Stress Reduction:** Listening to and creating music can reduce stress and anxiety levels, promoting relaxation and a sense of well-being.
- **Emotional Expression:** Music provides a healthy outlet for expressing emotions, helping individuals cope with and understand their feelings.
- **Boosted Self-Esteem:** Mastering an instrument or performing in public can boost confidence and self-esteem, providing a sense of accomplishment.
- **Improved Focus and Discipline:** Learning music requires concentration and discipline, which can improve focus and attention skills.



Physical Benefits:

- **Fine Motor Skills:** Playing instruments requires precise finger movements, improving fine motor skills and hand-eye coordination.
- **Posture and Breathing:** Singing or Instruments like wind or brass instruments require proper posture and controlled breathing techniques, promoting better lung capacity and posture.
- **Physical Relaxation:** Playing calming music or instruments can relax muscles and reduce physical tension.





Lifelong Enjoyment and Cognitive Reserve:

- Lifelong Hobby: Learning music provides a lifelong hobby that brings joy and fulfillment, offering a creative outlet throughout one's life.
- Cognitive Reserve: Engaging in musical activities can contribute to building cognitive reserve, potentially delaying the onset of cognitive decline in older age.

Mentoring



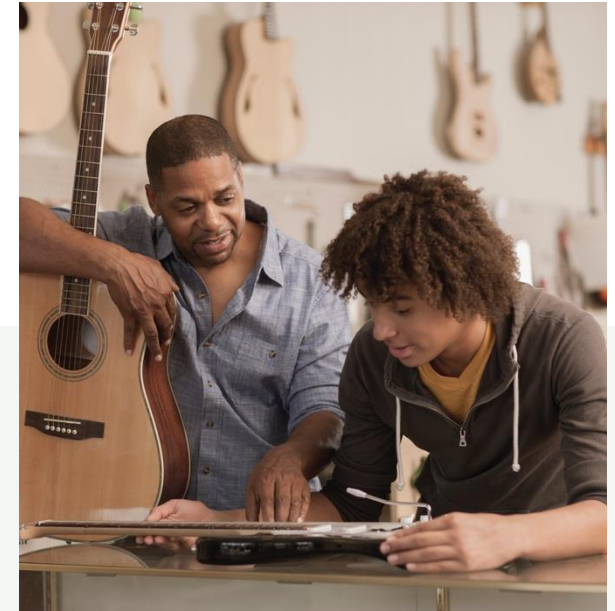
1-2-1 Mentoring

30 min session every week, 6 week reviews.
Can include working through SMARTER goals



Group Mentoring

Mentees who share one similar goal
between them meet together with a mentor



Intensive Mentoring

4 hours per day working through specific
SMART goals

Navigating the Mentoring Journey

1. Initial Consultation
2. Book Sessions
3. Set SMARTER Goals
4. Action
5. Review/Evaluation

My mentoring process is usually structured using the SMARTER goals approach: Specific, Measurable, Achievable, Relevant, Time-bound, Evaluated, and Reviewed. Our journey begins with a comprehensive **consultation**, where we delve into your aspirations.

Following this, we chart a course by planning a series of sessions typically scheduled over **six weeks**. During this period, we collaboratively **set specific goals** and craft a detailed **plan of action** tailored to your musical ambitions. At the end of our sessions, a thorough **review and evaluation** take place, allowing us to celebrate achievements and identify areas for growth. If necessary, we can seamlessly book additional sessions, focusing on new objectives.

This structured process ensures that your mentoring experience at Song and Sound is not just transformative but also highly tailored to your unique musical journey.

In some cases, SMART goals are not suitable and therefore a more organic approach of self-discovery will be taken.



Talena Cuthbert

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Music & Health Practitioner

Experience

20 Years Music Teaching
10 Years *SEN and Mental Health* Music Mentoring
20 Years Pro Musician
20 Years Songwriting & Releasing Music

Affiliations

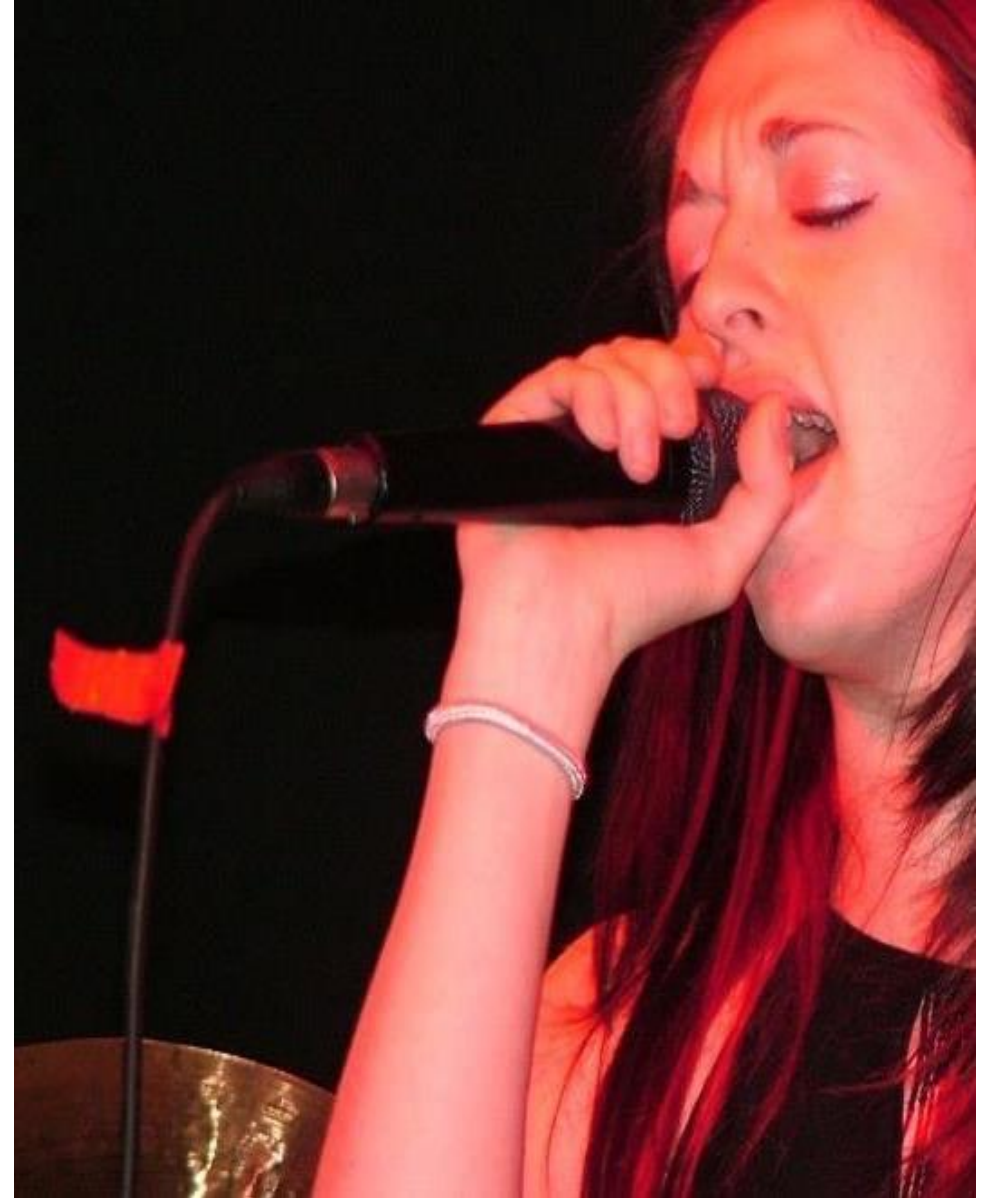
Full DBS Enhanced Disclosure
Public Liability Insurance with the Musicians Union (MU)
Business Insurance with Westminster Insurance
Member of the Complimentary Medical Association (CMA)

Contact

laystonmusic@gmail.com
www.laystonmusic.co.uk

Qualifications

BA Popular Music & Recording
Level 3 Music Therapy
Level 4 Sound Healing
Level 3 Sound Therapy
Level 2 Understanding Children & Young People's Mental Health
Level 2 Good Autism Practice



Client/Student Details

Student/Client Name:

D.O.B.

Email:

Details of any Special educational needs, disabilities, physical or mental health difficulties or illnesses

Parent Guardian Details

Name:

Email:

Anything else you wish for me to know:

Music Mentoring Agreement with Talena Cuthbert

1. Mentorship Sessions:

We agree to engage in music mentoring sessions with Talena Cuthbert from Song and Sound/Layston Music. These sessions will be conducted professionally and focus on your musical development and well-being.

2. Goals and Planning:

During our initial consultation, we will collaboratively set specific goals for the mentoring period. Talena Cuthbert will then design a tailored plan of action to achieve these objectives over the agreed session duration, typically six weeks.

3. Photography and Video:

With your consent, photographs and videos may be taken during sessions. These will be used solely for documentation purposes, including qualification proof and progress tracking. No media will be shared without your explicit consent.

4. Confidentiality:

We agree to be open, honest, and truthful with each other. All information shared during sessions will be treated with utmost confidentiality, unless both parties agree otherwise. Respect for the sensitive nature of our discussions is paramount. However, it is understood that confidentiality may be broken if there is a reasonable belief that there is a danger of harm to yourself or others.

5. Evaluation and Refinement:

Periodically, we will conduct short evaluations to refine our mentoring process, ensuring it benefits both parties optimally. Your feedback is valued and crucial for enhancing the mentoring experience.

6. Limited Contact:

Contact outside of the scheduled sessions will be limited, respecting your personal time and boundaries. Any exceptions will be discussed and agreed upon mutually. It is acknowledged that limited contact respects both parties' personal time and space.

7. Safeguarding and Professionalism:

Talena Cuthbert holds a full DBS check and is a member of the **Musicians Union and adheres to their safeguarding policy**. Talena possesses relevant public liability insurance and has completed an NSPCC safeguarding course, ensuring a safe and secure environment for mentoring. Talena Cuthbert is also a member of the **Complimentary Medical Association** which reflects continual dedication to Professional Health Service.

By signing, you acknowledge your understanding and agreement to these terms. This document represents the agreement between the mentee and Talena Cuthbert of Layston Music.



I have read, understood and agree to the terms and conditions.

Client Name:

Signature:

Date:

Parent/Guardian Name:

If Student/Client is Under 18

Signature:

Date:

**Music Makes
Life Better**

