

# European Music Therapy Day!

Music  
moves  
me

15th November  
2018

musictherapyday.com !

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## 15th November is the FIFTH European Music Therapy Day!

Music therapists, the specialists in the field of music and health, will hold open house events and organize workshops. Creative and enlivening performances will take place. In some countries music therapy conferences and meetings will be held, open to the public. Some activities will be organized in the week before or after the 15th of November. You can find more information on all events in Europe at [www.musictherapyday.com](http://www.musictherapyday.com) and on Facebook *musictherapyday*.

### Music moves me

The theme for European Music Therapy Day 2018 is 'Music moves me'. This theme relates both to the emotions we all feel through music, and bodily movement which is greatly stimulated by music. In music therapy we use these two elements every day with our clients. During European Music Therapy Day we'd like to send out a warm invitation to you, to be 'moved by music'. As music therapists we want to show everyone the power of connecting through music and the ways in which this can help people to make steps towards greater wellbeing.

### What is music therapy?

Music therapy is an established and research based health profession. In Europe more than 6000 certified music therapists are working in health and community institutions, schools, care homes or private practices. They provide music therapy for a wide range of client groups across the whole age range from infants to old age. Music Therapists work with people with

learning disabilities, autism or behavioural disorders, depression and severe mental health problems, trauma and anxiety, with Parkinson's or Dementia, in hospice care, neurodisability and within prisons. A well trained music therapist supports the client in a musical way and stimulates development or change, as beneficial to the individual's needs. Using music therapy is effective, cost efficient and contributes towards a holistic care environment.

### EMTC

The EMTC is the Confederation of professional music therapy associations in Europe. The overall purpose is to nurture mutual respect, understanding and exchange between music therapists in Europe. The organization was founded on 15th November 1991 and at this time 30 European countries have joined the EMTC. Started in 2014 the European Music Therapy Day will be held each year on the 15th of November.

EMTC website: [www.emtc-eu.com](http://www.emtc-eu.com)

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