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# Music therapist

Music therapists use music and sound to support people's wellbeing.



## What you'll do

You'll encourage clients to explore sound and communicate through music, to help them with:

- expressing themselves
- developing insight and creating ways of relating to other people
- becoming aware of their feelings
- interacting with other people more confidently
- bringing about positive changes in their lives

You'll hold group and one-to-one therapy sessions with clients who have:

- learning disabilities
- emotional, behaviour or mental health problems
- speech and language difficulties
- an injury or illness or are recovering from an addiction

You'll monitor the effectiveness of the therapy sessions, and write case notes and reports.

You'll often work closely with other health care professionals like nurses, physiotherapists, occupational therapists, psychologists and speech and language therapists.

Record relevant activities you've already done on the [Activities tool](#) >

## Working hours and environment

Your working hours will usually be between 9am and 5pm, Monday to Friday, although some jobs may involve evening or weekend sessions.

Many music therapists work for a healthcare provider (public or private). You could also be self-employed as a freelance music therapist. You could work in a variety of places like schools, hospitals, health facilities, correctional facilities, substance abuse treatment centres, and day centres. You'll usually see the same client or clients, in the same place at the same time each week.

Your work will usually take place in a specially equipped music room. As well as listening to music you'll have face-to-face discussions with your clients, and you may need to listen to upsetting stories or situations as you help them to work through difficult experiences and emotions.

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## Career path and progression

With experience, you could become self-employed and build up your own practice, or move into teaching.

You could also become a senior music therapist and manage a team of therapists or music therapy unit.

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## Skills required

You'll need:

- excellent communication, listening and observational skills
- a high level of musical ability and knowledge
- open-mindedness, to help you relate to people from all backgrounds
- emotional resilience, to help you cope with challenging situations
- a caring approach, empathy, and the ability to gain clients' trust
- the confidence to work with people on their own and in groups

Got evidence of these skills? Record your examples on the [Skills tool](#) >

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## Entry requirements

You'll usually need:

- an undergraduate degree in a related subject, like music or psychology
- a postgraduate degree approved by the relevant professional body in your country (e.g. the British Association for Music Therapy, or the Canadian Association for Music Therapy).
- some relevant (paid or unpaid) experience in mental health, education, special needs, or social services
- an enhanced background check (your employer will often arrange this for you)

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## Related university subjects

These university subjects are related to this career; check out their profiles on the [Subjects library](#):

- [Allied health](#) >
- [Music](#) >
- [Psychology](#) >
- [Social work and Community care](#) >

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## Related careers

You may also be interested in:

- [Art therapist](#) >
- [Occupational therapist](#) >
- [Classical musician](#) >
- [Music teacher](#) >

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## Explore

Want to see what relevant education and training opportunities are available right now? Search here:

**Allied health at uni:**[USA >](#)[UK >](#)[Canada >](#)[Europe >](#)[Asia >](#)[Australasia >](#)[Middle East and Africa >](#)[Ireland >](#)**Music at uni:**[USA >](#)[UK >](#)[Canada >](#)[Europe >](#)[Asia >](#)[Australasia >](#)[Middle East and Africa >](#)[Ireland >](#)**Psychology at uni:**[USA >](#)[UK >](#)[Canada >](#)[Europe >](#)[Asia >](#)[Australasia >](#)[Middle East and Africa >](#)[Ireland >](#)**Social work and Community care at uni:**[USA >](#)[UK >](#)[Canada >](#)[Europe >](#)[Asia >](#)[Australasia >](#)[Middle East and Africa >](#)[Ireland >](#)**Apprenticeships:**[UK >](#)**College / Sixth Form:**[UK >](#)

## Labour Market Information (LMI)

Median averages relating to the Music therapist profession.

UK  USA

### Jobs

Therapists and psychologists

# 169,927

 1,439 in your local area of Liverpool

#### Top 5 local areas

1	Kent	4,680
2	Surrey	4,612
3	Hertfordshire	4,105
4	Hampshire	4,061
5	Essex	3,760

### Salaries

Other therapists

# £37,599

 (Not enough data for this region) in your region of North West

#### Top 5 regions

1	London	£35,890
2	South West	£32,447
3	North East	£30,467
4	South East	£29,462
5	East of England	£28,836

**Hours/week**

Other therapists

**37.5**

📍 37.4 in your region of North West

**Growth** 2020-2035

Health professionals

**+7.2%** ↑ 118,954 jobs

📍 +9.3% in your region of North West, an increase of 15,821 jobs

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People also liked...  
Those that liked this career profile also liked the following



**Music teacher** ❤️

Music teachers train and support pupils of all ages in musical instruments and music theory.

[Read the profile >](#)



**Singer** ❤️

Singers perform and/or record songs for stage, radio, television, or film.

[Read the profile >](#)



**Actor**

Actors bring stories and characters to life on television, on the stage, in audiobooks, or film.

[Read the profile >](#)