



TUNING INTO RELIEF:

Neurologic Music Therapy for Chronic Pain

ON-DEMAND ONLINE TRAINING

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Chronic pain is not just a physical sensation—it's deeply intertwined with the brain's neuroplasticity, emotional regulation, and motor control. Traditional pain management strategies often fall short because they focus solely on the body, ignoring the central role of the nervous system in maintaining pain cycles.

Neurologic Music Therapy (NMT) is a cutting-edge, evidence-based approach that uses rhythm, melody, and harmony to directly engage and retrain the brain's pain-processing networks. This training will explore the neuroscience behind chronic pain, explain how music therapy intervenes at a neural level, and discuss its implications for medico-legal professionals dealing with pain-related cases.

This session will provide compelling research, real-world case studies, and insights into how NMT is shaping rehabilitation, litigation, and client outcomes.

By the end of this training, participants will be able to:

1. Understand the Neuroscience of Chronic Pain

- Explain the role of various brain systems around in chronic pain.
- Describe how chronic pain alters function and impacts psychological wellness beyond the initial injury or illness.
- Understand that chronic pain is still difficult to manage

2. Explore the Mechanisms of Neurologic Music Therapy (NMT) in Pain Management

- Identify the core principles of NMT and how it differs from traditional music therapy.
- Explain how rhythm, entrainment, and auditory-motor coupling impact pain perception and functional recovery

3. Apply Research Findings to Legal and Rehabilitation Contexts

- Analyse key studies demonstrating the effectiveness of NMT in chronic pain treatment.
- Discuss how NMT interventions can align with medico-legal frameworks for rehabilitation and compensation claims

4. Recognise the Practical Benefits of NMT for Clients with Chronic Pain

- Assess how NMT can improve mobility, emotional resilience, and quality of life for clients in litigation.
- Identify opportunities to integrate NMT into rehabilitation plans and legal case management.

Who Should Book?

This training is ideal for professionals working in neurorehabilitation, including clinicians, case managers, deputies, solicitors and support workers.

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BIOGRAPHY



Daniel Thomas, Managing Director & Music Therapist, Chroma

Daniel qualified as a music therapist in 2002 and co-founded Chroma in 2013. As a music therapist, Daniel worked in a range of settings and with a variety of clients. These included within HMP Cardiff, HMP Swansea, the NHS, SureStart, and special schools supporting children and teenagers with brain injury-related conditions, and autism. When he co-founded Chroma, Daniel's focus became how to provide the highest quality therapy at the greatest scale.

Since 2013, Chroma has grown across the Health, Education and Social Care sectors and is now the UK's largest and leading provider of Art, Drama and Music Therapy. In 2024 across all sectors, Chroma was instructed to work with over 700 clients and within NHS and private hospitals.

Chroma remain an Ofsted-rated "Outstanding" therapies provider (2024 inspection), and hold corporate memberships with BABICM, IRCM and the PDF among others. Daniel is a BABICM council member, an international committee member for the Academy of Neurologic Music Therapy, as well as a very happy dad to his 2 teenage daughters.

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Working throughout the UK, CHROMA is rated "Outstanding" by Ofsted



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