

# Chiltern music therapy

## Online training package

### Where innovation meets evidence:

The cutting edge of Neurologic Music Therapy  
and evidence-based practice in clinical settings

**Online training package cost £99 + VAT**

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## **Where innovation meets evidence: The cutting edge of Neurologic Music Therapy and evidence-based practice in clinical settings.**

These sessions offer an engaging programme of high quality and evidence-based presentations on innovative Neurologic Music Therapy programmes, collaborative clinical work, legal considerations in Neurologic Music Therapy input, and recent research and developments.

Once you have booked this course the resources will be immediately made available to you. The benefit of this forum is that you can complete the training in your own time. You will also have access to the resources forever so you can refer back to it at any point.

Once you have viewed all of the content you can self declare that you have completed the training and a CPD certificate will be added to the resource to download at anytime.

### **Session one (34 minutes)**

#### **From the acute ward to the rehab unit: the role of Neurologic Music Therapy**

This presentation will include an overview of the evidence base of music therapy in neurorehabilitation and share the results from an innovative NMT pilot. Jaqueline Twelftree, present on how key learnings and recommendations from Royal London were implemented at RNRU as well as the impact of NMT at this stage of the rehab pathway and NMTs unique role in the MDT and insupporting patient goals.

**Jaqueline Twelftree, Barts Health & AHP Clinical Lead for Neuro Rehabilitation at the Regional Neurological Rehabilitation Unit**

### **Session two (50 minutes)**

#### **Embedding Neurologic Music Therapy within Acute Stroke Rehabilitation**

Following a successful 2015 pilot, an ongoing Neurologic Music Therapy service was established on the Stroke Unit in July 2017, with a service audit being carried out. This presentation will explore the journey to introduce this innovative service into the established multidisciplinary practice to optimise rehabilitation opportunities for patients, and highlight service evaluation data in the context of impact of music therapy on the stroke unit. The presentation will also reflect on how having NMT embedded within the Stroke Unit allowed NMT to return following a short pause during the first wave of the pandemic, and continue to be a valued part of rehabilitation despite the challenges faced during Covid.

**Rachel Hayden, Clinical Specialist Stroke Physiotherapist and Claire Norbutiene, Occupational Therapy Team Lead, High Wycombe Acute Stroke Unit, Buckinghamshire Healthcare NHS Trust**

### **Session three (40 minutes)**

#### **Meaningful discovery: conversation and collaboration between Psychology and Neurologic Music Therapy**

Dr Byard and Cath Watkins will discuss their evolving journey towards exploring meaningful collaboration and the potential benefits of joint working to improve neuropsychological outcomes in rehabilitation. This 'In Conversation With'-style presentation will also inform the delegates about what was learned in the early phase of a small scale pilot study exploring a joint assessment approach and consider its value for longer-term rehabilitation for young people and their families, and the synergy with other therapies.

**Dr Katie Byard, Clinical Director, Recolo Uk Ltd, and Cath Watkins, Self-Managing Team Lead, Chiltern Music Therapy**

### **Session four (24 minutes)**

#### **Neurological Music Therapy from a Medico Legal Perspective.**

This presentation will look at case studies that use NMT within medico legal cases including the therapeutic and evidential benefits of the same and with considerations as to cost benefit analysis.

**Sofie Toft, Senior Associate Solicitor, Irwin Mitchell & Sarah Griggs, Partner, Irwin Mitchell**

### **Session five (21 minutes)**

#### **Voices of Neurologic Music Therapy: a video montage of rehab case studies pre-, mid- and postpandemic**

This short video presentation will bring to life a range of clients' neurorehabilitation journeys and highlight the increased role of music technology during COVID and the lasting implications of this for a multimodal live/digital therapy rehab model.

**Irene Lo Coco, Music Tech Lead, Chiltern Music Therapy**



## Session 6 (46 minutes)

### Music therapy across the Neuropalliative care pathway: improving well-being from acute to chronic care

With the growing evidence base for music therapy with people living with acquired neurological conditions, this presentation will examine what the evidence is suggesting for Music Therapy service delivery across the acute, rehabilitation, chronic and community care pathways.

**Dr Wendy Magee, PhD, Music Therapist, Professor Music Therapy Program, Temple University**

## Session 7 (21 minutes)

### Redressing Dressing in Occupational Therapy: Collaborative case studies with NMT

Supporting patients during neurorehabilitation towards reintegration into the community: collaborative case studies from RNRU.

**Nicola Paget, Therapist, RNRU and Elizabeth Nightingale, Clinician & Neuro Services Lead, Chiltern Music Therapy**

## Session 8 (Part 1 - 14 minutes & Part 2 - 13 minutes)

### Collaborative working: Assessing and treating patients with aphasia and/or apraxia of speech

This presentation will look at 2 exciting innovations that developed between these disciplines: a joint digital NHS COVID-response project for inpatient and ESD stroke and dysarthria patients, and a new clinical model for joint assessment and treatment of aphasic and apraxic patients.

**Kate Curtis, Clinical NMT Lead for Norfolk, Elissa Poyner, Specialist Speech and Language Therapist, Norfolk Community Health & Care NHS trust, Ellie Ruddock, Neurologic Music Therapist, and Jordan Vine, Specialist Speech and Language Therapist**

## Session 9 (18 minutes)

### Rehab with physiotherapy: Collaboration with NMT

Joint working between physiotherapy and neurologic music therapy in neurological rehabilitation.

**Raj Reghu, Therapy Lead & Senior Physiotherapist, Rehab with Physiotherapy talk to Roz Cabrita, Neurologic Music Therapist, Chiltern-MusAbility**

## Session 10 (28 Minutes)

### A Case Manager's Perspective on the role of Neurologic Music Therapy for clients and their families

Kim Roumania shares her experience and views on the value of featuring NMT in clients' Initial Needs Assessments, the importance of engagement in paediatric rehabilitation, and the positive impact NMT can have on relationships for families affected by brain injury. Elizabeth Nightingale will share sessions clips and therapy goal details of one of Kim's clients.

**Kim Roumania, Director, Alder Associates**





## Karen Hoffman

**Head of Rehabilitation Research Centre for Trauma Sciences, AHP Rehabilitation Consultant Barts Health (Royal London)**

Following the completion of a BA Honours degree in Occupational Therapy at the University of the Orange Free State Karen pursued her career in working with people with traumatic injuries, including acquired neurological conditions. She moved to the UK 20 years ago and has since been actively involved in neuro and trauma rehabilitation both clinically, lecturing and national guidelines. She was chair for the National Association of Neurological Occupational Therapists, and a GDG member for the NICE Critical Care Rehabilitation guidelines and currently a topic advisor the NICE Rehabilitation after Traumatic Injuries guidelines.

Karen has developed a minimum data set for trauma rehabilitation based on coded categories from the International Classification of Function, Disability and Health, which was endorsed by the WHO in 2017. She has developed the AfterTrauma website for Trauma survivors and is working on phase two to develop self-management tools to enable patients to track their recovery on-line. She was the project manager for the National Clinical Audit for Specialist Rehabilitation of Trauma Patients (NCASRI) funded by the Health Quality Improvement Programme. Karen is currently employed as an AHP Rehabilitation Consultant at the Royal London Hospital and Head of Rehabilitation Research at the Centre for Trauma Sciences. She also runs Harrison Training providing education and training for therapist in a variety of areas.



## Jaqueline Twelftree

**AHP Clinical Lead for Neuro Rehabilitation, Regional Neurological Rehabilitation Unit**

Jaq qualified as a physiotherapist and has over 25 years of experience in neuro rehabilitation. She has gone on to obtain an MSc in Advance Neuro Physiotherapy. She has worked across a range of acute, rehab and community neuro rehabilitation settings in a variety of clinical roles including as an expert witness in her field.

Jaq has specialised in the area of neuro rehabilitation and more recently in supporting and leading multi-disciplinary teams and services to deliver specialist and complex rehabilitation. Jaq has lead and developed Level 2 rehabilitation services and currently works at the Homerton Regional Neurological Rehabilitation Unit as the AHP Clinical Lead for Neuro Rehabilitation. Her role encompasses clinical leadership, service governance and service evaluation and development. Jaq has championed the implementation of Neurologic Music Therapy Pilot Clinic at the Regional National Rehabilitation Unit at the RNRU.



## Rachel Hayden

**Clinical Specialist Stroke Physiotherapist, High Wycombe Acute Stroke Unit, Buckinghamshire Healthcare NHS Trust**

Rachel qualified as a Physiotherapist from the University of Birmingham in 2002. She completed an MSc in Neurological Rehabilitation from Oxford Brookes University in 2011, and has worked within the stroke service at Buckinghamshire Healthcare NHS Trust for over 10 years.



## Claire Norbutiene

**Occupational Therapy Team Lead, Wycombe Hospital**

Claire qualified as an occupational therapist from Oxford Brookes University in 2011. She initially gained experience in Central London wheelchair service before moving on to the National Spinal injuries Centre then into neuro rehabilitation at Hillingdon Hospital. For the last 3 1/2 years Claire has been team lead occupational therapist within the acute and hyper acute stroke unit at Wycombe Hospital. Claire has a special interest in cognitive rehab and is a champion of patient centred care, service development and MDT working.





## Dr Katie Byard AFBPsS, C Psychol

**Consultant Clinical Psychologist (Neuropsychology & Rehabilitation), Clinical Director, Recolo UK Ltd**

Katie is a Consultant Clinical Psychologist who works in private practice. She is a co-founder of Recolo UK Ltd and along with her fellow founders, is an internationally recognised expert in the field of child neuropsychological rehabilitation.

She has highly specialised experience delivering neuropsychological rehabilitation following childhood brain injury. She also has considerable experience of the NHS, previously delivering clinical input into paediatric psychology and child neuropsychology services at Guy's & St Thomas' NHS Trust. She has also held positions in child mental health services and adult neuropsychological rehabilitation in-patient services. Prior to clinical training, Katie was a Research Psychologist at Imperial College, London investigating the neuronal correlates of learning in Parkinson's Disease, and her interest in this area continued into her clinical doctoral research.

Katie's vision is for child neuropsychological rehabilitation to be evidence-based, measurable, relevant to the child and their family, and accessible.

- Registered Psychologist with the Health Care Professions Council
- Associate Fellow, British Psychological Society, BPS
- BPS Division of Clinical Neuropsychology
- BPS Division of Clinical Psychology
- On BPS Register of Applied Psychology Practice Supervisors
- British Association for Behavioural and Cognitive Psychotherapies services to learning disabled children and adults within the Borough of Ealing.



## Cath Watkins

**Outer Circle Team Lead, Chiltern Music Therapy**

Catherine Watkins is an experienced music therapist and a passionate advocate of music therapy in acquired brain injury and neurodisability. She is a Neurologic Music Therapy Fellow, MATADOC Assessor, Associate Lecturer at University of Derby and a self-managing teams lead at Chiltern Music Therapy. With a previous background in pharmaceutical clinical research, Catherine has a strong focus on evidencing music therapy, promoting and sharing skills and knowledge through inter-disciplinary working



## Sofie Toft

**Senior Associate Solicitor, Irwin Mitchell**

Sofie joined Irwin Mitchell in 2009 and is a Senior Associate Solicitor specialising in catastrophic and serious injury cases. Sofie's work is focused on maximising rehabilitation and a return to independence for her clients. She is accredited as a Senior Litigator and Brain Injury Specialist by APIL. Sofie was proud to be involved with Chiltern's pilot clinic providing neurological music therapy to patients within the acute trauma population at the Royal London Hospital in 2018. She is further a Trustee of Ealing Mencap, supporting the provision of services to learning disabled children and adults within the Borough of Ealing.



## Sarah Griggs

### Partner, Irwin Mitchell

Sarah joined Irwin Mitchell in 2006 and is a Partner in the Serious Injury team. She specialises in complex cases involving life changing injuries.

With a particular interest in brain injury cases, Sarah is accredited as a brain injury specialist by the APIL injury Accreditation Scheme. Sarah has close links with Headway and was appointed as a Trustee of Headway East London in 2013. Sarah is also a Committee member for the Acquired Brain Injury Forum for London (ABIL) and she is keen to raise awareness of acquired brain injury across London and the UK. Sarah is passionate about rehabilitation and has extensive experience of securing early interim payments for her clients to ensure that their rehabilitation can start as soon as possible.



## Irene Lo Coco

### Music Tech Lead, Chiltern Music Therapy

Irene qualified as a Music Therapist in 2007 and gained further certification as Neurologic Music Therapy Fellow, MATADOC Assessor and NICU-Music Therapist. Her clinical experience includes working with children and adults with a range of needs, including neuro-rehabilitation, dementia, learning disabilities, ASD, behavioural difficulties and complex medical needs. She has also worked in perinatal care and adult mental health, among a variety of settings in the UK and abroad. Irene has a passion for evidence-based research and an adaptable and caring provision.

Further to her clinical work, Irene is involved in research related applied music technology in music therapy, and holds the role of Music Technology Lead at Chiltern Music therapy.



## Dr Wendy Magee PHD

### Music Therapist, Professor Music Therapy Program, Temple University

Dr. Wendy Magee's research and teaching interests stem from a long career as a Music Therapy clinician in neuro-rehabilitation with adults with complex needs from acquired brain injury and neuro-degenerative disorders. Her primary research areas lie in Disorders of Consciousness; measurement; evidence-based music interventions in health; identity; and new and emerging technologies used in healthcare. She is a Cochrane Reviewer, with over 90 international peer-reviewed journal articles and book chapters spanning music therapy, neuroscience, and interdisciplinary healthcare, in addition to books and training manuals. She has an extensive international teaching and conference portfolio. From 1990-2011 she worked at the Royal Hospital for Neuro-disability in London, UK and pursued a range of research with adults with neurological conditions including traumatic brain injury, stroke, Parkinson's Disease, Multiple Sclerosis, Huntington's Disease, Disorders of Consciousness, and Locked-in Syndrome. More recently her research has expanded to pediatric Disorders of Consciousness. She is a former Fellow in Neurologic Music Therapy (NMT) and has advanced clinical competencies in working with complex populations. Dr. Magee is active in the International Brain Injury Association's Disorders of Consciousness Special Interest Groups.



## Nicola Paget

### Occupational Therapist, Regional Neurological Rehabilitation Unit

Nicola started her career in Occupational Therapy in 2013 when she was an OT assistant within a hospital setting. Nicola then moved on to working as a rehab assistant in a community rehab team whereby she also completed a BSc Occupational Therapy degree as an inservice part time course whilst continuing to work. She finally qualified as a fully-fledged OT in 2013 and since this time she has been working at Homerton Hospital. Nicola completed a variety of rotations including acute stroke unit, inpatient adult mental health, acute medical wards and community neuro rehab until she then joined the RNRU where she has been working for the past 4 years with patients suffering with an acquired brain injury.



## Elizabeth Nightingale

### Neuro Services Lead, Chiltern Music Therapy

Elizabeth is a qualified Music Therapist, registered Neurologic Music Therapy (NMT) Fellow, qualified MATADOC assessor, NICU-MT, and a UK trainer in the Music Therapy Star – an evidence-based outcome measure. Elizabeth holds the role of Neuro Services Lead at Chiltern Music Therapy, leading on business development in the neurorehab and medicolegal sectors and coordinating the implementation and high quality provision of NMT with new and existing clients/services. She also works clinically as a Neurologic Music Therapist specialising in brain injury and stroke, working as a practitioner in a Level 1 rehabilitation unit and in the community with case managed children and adults. Elizabeth regularly presents at conferences, has guest lectured at several Universities, and has had her work and research published in the Brain & Spinal Injury Handbook, NR Times, Journal of Dementia Care, and the British Journal of Music Therapy.



## Kate Curtis

### Clinical NMT Lead for Norfolk, Chiltern Music Therapy

Kate works for Chiltern Music Therapy as a neurologic music therapist, specialising in brain injury and stroke rehabilitation. She completed her MA Music Therapy at Anglia Ruskin University and holds additional qualifications in Neurologic Music Therapy, MATADOC and NICU-MT. Kate currently delivers NMT to inpatients in a Level 1 neuro-rehabilitation unit in Norfolk, UK, as well as working with patients with neurological conditions in her local community.



## Ellie Ruddock

### Neurological Music Therapist, Chiltern Music Therapy

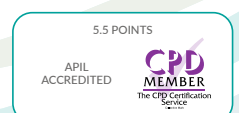
Ellie completed her MA in Music Therapy at Roehampton University and has gained further certification as a specialist Neurologic Music Therapist from the Academy of Neurologic Music Therapy. Ellie has extensive experience of using a variety of Music Therapy approaches and techniques with a diverse mix of client disabilities, illnesses and conditions, from birth to end of life. Ellie specialises in brain injury and medico-legal assessments and ongoing services.



## Elissa Poyner

### Specialist Speech & Language Therapist, Norfolk Community Health and Care NHS Trust

Elissa is a specialist speech and language therapist working across a stroke rehabilitation ward and in the early supported discharge service in Norfolk. Her job involves working with people who have swallowing difficulties, aphasia, dysarthria and/or apraxia of speech following stroke. She has recently participated in a project providing music therapy to patients with communication difficulties across the stroke pathway and has a keen interest in the use of music and singing for those with aphasia following stroke.







## Jordan Vine

### Specialist Speech and Language Therapist

Jordan is a speech and language therapist working for Buckinghamshire Healthcare NHS Trust. She qualified as an SLT from City University and currently works as a Band 6 on a rotational post across the Stroke Unit, Earlier Supported Discharge and the Community Speech and Language Therapy Service with a palliative focus. In 2021 Jordan and Ellie Ruddock worked collaboratively on the stroke ward at Wycombe Hospital to assess and treat patients with aphasia and apraxia of speech.



## Raj Reghu

### Therapy Lead and Senior Physiotherapist, Elysium Healthcare

Renjith Eettickal Reghu (Raj) has been qualified as a physiotherapist for over 15 years and has spent much of his career working in services supporting patients with neurological conditions. Raj's expertise extends to providing respiratory management for those residents who present with complex respiratory conditions including for those who require tracheostomies. As therapy lead for Adderley Green he provides much of the specialist training required to assist staff support our residents to the best of their ability as well as providing a wealth of experience and expertise to the wider inter disciplinary team.



## Roz Cabrita

### Clinical Lead, Chiltern-MusAbility Partnership & Director, MusAbility

Roz completed a BHSc Occupational Therapy in York before specialising with an MSc Music Therapy (Nordoff-Robbins) from Queen Margaret University, Edinburgh in 2011. She is now based in Liverpool and is the Director of MusAbility Ltd in the North-West of England, who work in partnership with Chiltern Music Therapy. Roz continues to work as a music therapist with 13 years experience in healthcare, with clients of all ages and with numerous conditions, including learning disabilities, neurological conditions, in post-adoption support, as well as with legal teams and families engaging in medical negligence legal suits. She is NMT and MATADOC trained, and has undergone additional certifications in Advanced Psychology and Child and Adolescent Counselling. Roz is passionate about music therapy and in making this more widely known and more readily available in the North of England.



## Kim Roumania

### Director, Alder Associates

Kim has 20 years' experience in paediatric nursing, acutely in hospitals and community based palliative care and complex needs. After working within paediatric case management companies Kim then decided to set up Alder Associates Ltd which focuses on supporting children predominantly and young adults in their rehabilitation working alongside their families to improve their lives.



# team

brain injury support

**Founded in 2005, Team Brain Injury Support is one of the very few homecare providers working across the country who specialise in supporting Children and Adults with a brain injury and other neurological disabilities.**

The main focus of Team Brain Injury Support is to enable and empower the individuals we support to live independently and achieve their desired goals. Our specialist services are split into three key areas:

**Acquired Brain Injury**

**Neurological Conditions**

**Complex Care**



*"My grandson Reece was born in 1997 with virtually no brain. TEAM provide the most invaluable carers with whom I can put my full trust in. He is surrounded by loving and caring people who work continually providing personal and social care."*

**– Grandmother to Reece**

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