

HANNAH
TAYLOR
music
therapy



Hannah Taylor Music Therapy North Hertfordshire

HANNAH TAYLOR – MUSIC THERAPIST



Having graduated with a music degree in 1990, I spent the next five years working in music publishing, arts administration, concert management and recording. I then brought up three sons and worked part-time leading pre-school music sessions and teaching class music and singing in primary schools. In 2018, I fulfilled a long-held dream by completing the two-year master's level training in music therapy with the UK's largest music therapy charity, Nordoff and Robbins.

Music therapy is an Allied Health Profession which, provided by a qualified practitioner, is widely evidenced to offer a meaningful way for people to realise their own creative ability, whatever their situation. I have a wide range of experience working with people of all ages with a variety of life-limiting conditions, both physical and mental. The Nordoff & Robbins approach maintains that music is an inherent part of being human, and therefore therapy focuses on everyone as a musician, even if they say, "I'm not musical"! This means that I tune into the character of each person's playing or singing, and pay close attention to their movement, reaction or expression to capture and celebrate whatever they can do, however minimal that may be. While other sessions that people experience may involve listening to music provided for them, we will make music together, and by giving each client control of how the music develops, it can reflect who they are and how they are in that moment. Music-making might involve improvisation, recreating music people already know, song-writing or working towards some kind of performance - whatever emerges and whatever they prefer.

I passionately believe that playing and singing in community with another person - or other people - can be transformative in reducing isolation brought on by illness or circumstance. As a music therapist my job is to listen closely and draw out my clients' deeply-rooted and communicative musical responses which may be hidden "under the surface"; and I particularly enjoy collaborating with families and organisations to bring music in this way to the people they care for.

I look forward to working with you.

Hannah Taylor BA (Music); MMT (Nordoff & Robbins) Music, Health, Society
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Member of the British Association of Music Therapists; HCPC Registered; DBS Certified;
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