



NORTH LONDON MUSIC THERAPY



THE HARMONY GROUP

- ◆ Manage conflict
- ◆ Create a more reflective and empowered workforce
- ◆ Improve wellbeing
- ◆ Decrease stress
- ◆ Improve staff retention
- ◆ Experience fewer absences

Music is a communication tool. In group music therapy we can learn about ourselves and each other in ways that cannot easily be put into words.

Through the Harmony Group, your team will discover how to better cope with stress and anxiety and resolve issues within the group dynamic or conflicts at work.

You don't have to know how to play an instrument or sing to take part in this group - music is made up on the spot using instruments provided by NLMT.

Each session is led by a qualified music therapist, registered with the Health And Care Professions Council.

Prices

Fewer than 20 weeks provision

- £500 per half day

Six months of weekly provision (20 weeks)

- £9,000

– One year of weekly provision (40 weeks)

- £17,000

NHS and charities will receive 25% discount

Get in touch

To set up a Harmony Group in your organisation, or to discuss your company's requirements for a bespoke workshop, contact NLMT at
marianne@northlondonmusictherapy.com



North London Music Therapy was founded in 2018, to provide music therapy for anyone, of any age, with a mental health condition such as stress, anxiety or depression. NLMT provides music therapy for individuals and groups, designs and delivers workshops for the corporate market, and provides further training and CPD for qualified and trainee music therapists.

All NLMT therapists are trained to Masters level and registered with the Health and Care Professions Council. All hold enhanced DBS checks and Safeguarding Training up to Level 3. Our therapists specialise in group work and have received further training in working with organisations.

NLMT specialises in long-term work, and believes that therapy should be offered for as long as someone feels they need it, running counter to the prevailing therapy model in the UK.

NLMT is the first music therapy organisation to be registered as a recommended provider for the British Association for Performing Arts Musicians (BAPAM). With strong links to the British Association for Music Therapy (BAMT) and the Guildhall School of Music & Drama, the oldest music therapy training provider in the UK, NLMT enjoys a commendable reputation within the wider music industry.



Testimonials

North London Music Therapy have provided a much needed space which attendees have truly benefited from. With all we have faced this year music therapy is an important outlet needed to provide much needed support and its creative model has allowed attendees to truly express themselves. The group has been truly eye opening and we would recommend anyone in trying it with NLMT whose work has been excellent.

Edwin Duah - RESET Mental Health Services

