



# **Flute, Accordion or Clarinet?: Using the Characteristics of Our Instruments in Music Therapy**

*Dawn Loombe, Jo Tomlinson, Amelia Oldfield*

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Music therapists are trained to use their first study instrument in clinical practice, yet existing literature focuses almost exclusively on the use of piano, basic percussion and voice.

This illuminating book brings together international music therapists who use a diverse range of musical instruments in their clinical work: the clarinet, the piano accordion, the flute, the cello, the trumpet and flugelhorn, the bassoon, the violin, the viola, the harp, the guitar, lower brass instruments (the trombone and the euphonium), the oboe, the saxophone and bass instruments (double bass and bass guitar). Each therapist reflects on their relationship with their instrument and the ways in which they use it in therapeutic settings, discussing its advantages and disadvantages in a variety of clinical populations: children and adolescents, adults with learning disabilities, adults with mental health problems and older people.

This will be essential reading for any music therapist or student music therapist who uses or is interested in using a musical instrument in their work, and will be of interest to other caring and healthcare professionals, teachers, musicians and carers wanting to learn more about instrumental music therapy.



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