



Alleviating loneliness through music therapy: *an anonymised case study*

Jenny had moved to her new school in January 2020 and had not found it easy to connect with her classmates; then the national lockdown closed the school. When she returned her teachers noticed she was withdrawn, lonely and isolated so referred her for music therapy with two other girls in her class. Initially Jenny remained withdrawn in the sessions; she reluctantly copied the other girls in their instrument choices, playing as quietly and minimally as possible and refusing to speak. As the sessions progressed Jenny started to become more confident musically; choosing larger instruments, playing more dynamically with the other girls and smiling. By the end of her first half term of music therapy Jenny had gained confidence and self-esteem through her new-found musical abilities and was now laughing with the group members who were becoming her friends.

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