I am Alphonso Archer, a professional HCPC registered music therapist in Calne, UK.

With a master's degree in music therapy from the University of the West of England (UWE), I bring a wealth of knowledge and expertise to my practice. As a dedicated member of the British Association for Music Therapy (BAMT) and The Black, African and Asian Therapy Network (BAATN), I stay at the forefront of developments in the field.

My journey into music therapy was inspired by a personal experience that ignited my passion for helping others. Following my diagnosis of prostate cancer in 2016 and an arteriovenous malformation (AVM) on the brain, both detected early and successfully treated, I embarked on a path to follow my dreams. These challenges underscored the importance of healing and motivated me to retrain as a music therapist. I have also taught piano, guitar and drums for over twenty years in private settings and as a creative music lead in mainstream and specialist schools.

I have worked extensively with diverse clients, including children with autism, adults with mental health issues, and older adults with dementia. My experience spans a wide range of settings, enabling me to adapt my therapeutic approach to suit the unique needs of each individual I work with.

Beyond my role as a music therapist, I actively engage in fundraising and awareness-raising activities for Prostate Cancer and Autism research. I have organised and participated in numerous music events to generate funds for this vital cause. This personal connection fuels my dedication to making a difference in the lives of my clients and the broader community.

Growing up with a father diagnosed with schizophrenia has deeply influenced my perspective on mental health issues. It has nurtured a profound interest and empathy for those facing similar challenges, motivating me to specialise in this area within my music therapy practice. I firmly believe that music possesses the extraordinary power to forge connections on a soulful level, facilitating healing and fostering personal growth.

In addition to my therapeutic work, I am actively involved in advocacy and awareness-raising initiatives concerning mental health, autism, social justice, and race. With over seven years of experience creatively using music to support children with autism, I have gained invaluable insights into neurodiversity, selective mutism, ADHD, identity, intergenerational trauma, and mental health issues.

As a compassionate and highly skilled music therapist, my ultimate goal is to help individuals from all backgrounds embark on their healing journeys and find profound meaning through the transformative power of music. My expertise in working with issues surrounding identity, intergenerational trauma, and autism and my active involvement in BAMT and BAATN exemplify my unwavering commitment to promoting cultural awareness, social justice, and healing within my practice.

I approach each client with deep compassion and employ my extensive knowledge and skills to design personalised, music-based interventions tailored to their physical, emotional, cognitive, and social needs. Whether working with children with autism, adults with mental health issues, or elderly individuals with dementia, I am dedicated to providing comprehensive and holistic care that nurtures growth, well-being, and a sense of connection.

In summary, I am a dedicated music therapist passionate about empowering individuals from all walks of life to heal and find purpose through the profound medium of music. With a strong emphasis on cultural awareness, social justice, and healing, I am committed to positively impacting and creating transformative experiences through my work.

Music therapy aims to tap into the universal language of music and use its power to connect with the deepest parts of ourselves, allowing us to express and process our emotions, connect with others, and ultimately find healing and meaning in our lives. Through music, we can access the transcendent and transformative aspects of our being. We can integrate these experiences into our everyday lives through the therapeutic relationship, promoting growth, resilience, and self-awareness.

**Services Offered:**

* Individual Music Therapy Sessions: Personalised one-on-one sessions tailored to each client's specific needs. Using a variety of music-based interventions, I assist individuals in expressing and processing their emotions, promoting self-awareness, and facilitating personal growth.
* Group Music Therapy Sessions: Engaging and interactive sessions conducted in a group setting, fostering connections and promoting social interaction. Group music therapy sessions are particularly beneficial for individuals seeking peer support and a sense of belonging.
* Autism: Specialised music therapy sessions designed to address the unique needs of children and adults on the autism spectrum. Through music, individuals with autism can improve communication skills, develop social connections, and enhance emotional regulation.
* Mental Health: Targeted interventions for individuals experiencing mental health challenges, including anxiety, depression, trauma, and mood disorders. Music therapy can provide a safe space for emotional expression, stress reduction, and building coping strategies.
* Dementia: Therapeutic interventions for older adults living with dementia focusing on improving cognitive abilities, memory recall, and emotional well-being. Music can tap into preserved memories and evoke positive emotions, enhancing the quality of life.
* Creative Music Exploration: Guided sessions encourage clients to explore their creativity through music-making, improvisation, and songwriting. This approach promotes self-expression, fosters confidence, and nurtures a sense of empowerment.
* Music-Assisted Relaxation: Calming and soothing music-based sessions aimed at reducing stress, anxiety and promoting relaxation. These sessions can be beneficial for individuals seeking a mindful and peaceful experience.
* Advocacy and Education: Presentations, workshops, and seminars aimed at raising awareness and promoting understanding of music therapy, mental health, autism, and social justice. These initiatives contribute to community education and foster a culture of inclusivity.
* Consultation and Collaboration: Collaborative partnerships with other healthcare professionals, educators, and caregivers to provide comprehensive support and integrate music therapy into existing treatment plans or educational programs.
* Community Engagement: Music events, fundraisers, and awareness campaigns to support important causes, such as Prostate Cancer and Autism research. Through these initiatives, we strive to impact the lives of individuals and their communities positively.
* Music Therapy Retreats for People Living with Cancer (in partnership with Penny Brohn): These retreats provide a supportive and nurturing environment for individuals with cancer. Through music therapy, relaxation techniques, mindfulness practices, and group support, participants can find solace, explore their emotions, and experience the transformative power of music in their healing journey.
* Music Therapy Workshops for Cancer Support (in partnership with Penny Brohn): Interactive and engaging workshops designed to provide tools, strategies, and emotional support for individuals affected by cancer. These workshops incorporate music-based activities, self-expression, and coping techniques to enhance well-being and foster resilience.
* Living Well Through Music Retreats (in partnership with Ratford Retreats): Retreats that focus on utilising music therapy to promote overall well-being and personal growth. Participants can engage in music-based activities, including therapeutic singing, drumming, and songwriting. These retreats offer an opportunity to relax, rejuvenate, and explore the healing potential of music in a peaceful and natural setting.