

CAMDEN RHYTHMICS

A MUSIC THERAPY INTERVENTION GROUP
VIA ZOOM PREMIUM VIDEO LINK



Contact: creativetherapyadmin@coram.org.uk

WHAT IS CAMDEN RHYTHMICS?

Camden Rhythmics is an attachment-based music therapy intervention that aims to nurture bonds, help young children feel secure and happy, and support school-readiness.

It is a unique therapeutic group that will provide children with an opportunity to express themselves within an enjoyable, and creative 'virtual' environment. Through music, movement, and sensory storytelling, parent-child relationships are strengthened - building confidence in communication and self-expression. Camden Rhythmics also enables families to connect with one another and share learning.

During this time, we know it has been especially difficult for infants to access social groups and play with other children. As part of the Camden Rhythmics model, Coram therapists will invite you to take up an optional weekly telephone call, which will be a supportive space for you to think about some of these challenges - these will run concurrently with the group. Therapists will keep brief, confidential notes and use outcome measures to support our understanding of the children.

WHO IS CAMDEN RHYTHMICS FOR?

- We welcome children aged 0-5 years and their parents and carers.
- We also welcome older siblings who might be at home at the time of the group.

WHAT DO I NEED?

- Children need a safe and comfortable environment where they feel free to sit, move, and explore during each 30 minute group session.
- There is no obligation for you to bring anything to the group except yourselves
 - An openness to participating in the group.

WHAT WILL MY CHILD AND I LEARN OVER 8 WEEKS?

We hope your child will develop confidence in using their voice to vocalise, sing, and make choices, and to use their bodies to move, as well as to interact and relate with you and the other children in the group.

We hope you will take up the opportunity to speak with the group facilitators to reflect on your child's developing play and social skills and any surprises that you notice during the intervention.

We hope you will develop a sense of the goals you have for our work together and a greater awareness of your child's strengths, needs, wishes, and interests.

HOW DO I JOIN?

Email creativetherapyadmin@coram.org.uk for more information or to register your interest. There will be 6 spaces per group.

GROUP FACILITATORS

Camden Rhythmics Group will be facilitated by staff from the Coram Creative Therapies team.