



Our Mission, Vision and Values

Our Mission.....

..... is to focus on the use of musical language and nonverbal musical communication to achieve goals while highlighting the importance of the client-therapist relationship. It is SEMT's mission to capture the true uniqueness of an individual's identity and transfer this into Lauren's therapeutic strategy. Interactions and trust between the client(s) and therapist are crucial for genuine and personal music-making to occur.

Sound Escape Music Therapy endeavours to provide quality, evidenced-based music therapy services that promotes mental health wellness, provides opportunities for personal growth, and increases physical wellbeing in a creative, safe and non-judgmental way.

Our Vision.....

..... is to provide effective musical tools that supports self-exploration, promotes self-care, and increases self-esteem. These tools can then be transferred into everyday life, creating positive interactions with others in their personal lives, there surrounding friends and family and within their community.

Our Values.....

..... inform our actions and ensure we achieve the highest standard in everything we do. It is our values to provide a service of excellence for all service participants that surpasses expectations.

Person-Centeredness: We recognise that every person has unique needs and music therapy can help strengthen the ability to overcome challenges. This occurs in a space that has an unconditional positive regard and is highly empathetic and respectful towards each individual.

Advocacy: The music therapist will always act on the best benefit for the client, always respecting their privacy, confidentiality and personal needs, choices and interests.

Integrity: Everything our music therapist does is led by an honest duty of care, justice and authenticity.

Transparency: Everything Sound Escape Music Therapy does is visible, clear and easy to understand. We will provide information in a different format if needed by a client.

Quality: Sound Escape Music Therapy is committed to providing a service of excellence. Our therapist strives for constant professional expertise through continuous professional development and up to date knowledge, ensuring that our services are always being provided to the highest standard.

