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## Forensic Music Therapy A Treatment for Men and Women in Secure Hospital Settings

*Edited by Stella Compton Dickinson,  
 Helen Odell-Miller and John Adlam*

*Foreword by Estela Welldon*

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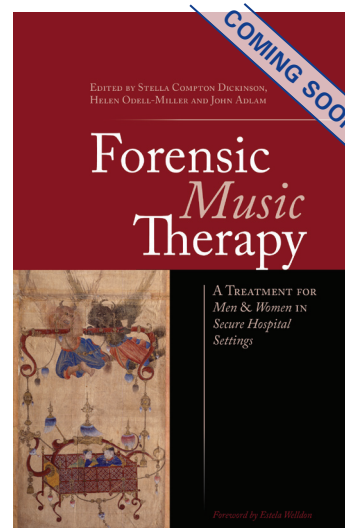
'Music therapy has at times been neglected and ignored in our work with forensic patients in secure hospital settings. This, fortunately, is no longer so, thanks to the wisdom, creativity, courage and determination of our colleagues which is represented so clearly and movingly in the diverse work described in this volume. I strongly recommend immersion in these rich and vivid clinical vignettes which will help add another important dimension, not only to the clinical work but also in the ability to think in creative ways when feeling stuck in this important and difficult work. Whether or not you are musically oriented, reading this book carefully will both enlighten and enchant you.'

*- from the Foreword by Estela Welldon, Honorary Consultant Psychiatrist, Tavistock Portman NHS Clinics,  
 Founder and Honorary President for Life of the International Association for Forensic Psychotherapy*

*Forensic Music Therapy* demonstrates diverse and innovative approaches, which include live, improvised and pre-composed music, from music therapy teams working in secure treatment settings. The book covers clinical development, research, supervision and discussion of institutional and multi-disciplinary team dynamics. It will inform professionals about different ways to manage challenging situations in order to deliver music therapy with adults and adolescents who have committed offences, men and women with personality disorders and mental health problems, as well as men who have killed. The book also describes the development of Cognitive Analytic Music Therapy: the first manualised form of music therapy to be used in the rehabilitation of offenders. Chapters include case studies and service developments informed by theories from an established range of psychological therapies including psychoanalysis, cognitive analytic therapy, musicology and forensic psychotherapy. The significant variations and considerations when working in low, medium and high secure treatment settings are also clarified.

This book will give music therapists, forensic and clinical psychotherapists and psychologists, cognitive analytic therapists, psychiatrists, and others working in the field a wider understanding of choices, as well as demonstrating the effectiveness of tailored music therapy programmes for this complex client group.

**Stella Compton Dickinson** is Research Lead in Arts Therapies at Rampton High Security Hospital, Nottinghamshire Healthcare NHS Trust Forensic Services and a Fellow of the Institute of Mental Health, Nottingham. She has worked as an NHS clinician, manager and researcher for over fifteen years, presenting developments internationally. She is a UKCP registered psychotherapist, accredited supervisor and registered music therapist. She has published developments in music therapy in forensic settings and successfully implemented an ethically approved controlled research study in a high secure hospital to develop the clinical evidence base for context specific forensic music therapy. **Helen Odell-Miller** is Professor of Music Therapy at Anglia Ruskin University, Cambridge and an honorary music therapist in the Cambridge and Peterborough Foundation Trust. She has worked as a clinician, researcher and manager specialising in adult mental health. She has published and lectured internationally and led research projects looking at clinical outcomes in dementia, and arts therapies in the adult mental health field. She is a board member of the International Centre for Research in the Arts Therapies, the Professional Advisory Board for Allied Health Professions and The Music Therapy Charity. **John Adlam** is Consultant Adult Forensic Psychotherapist in Reflective Practice and Team Development with S London and Maudsley Foundation NHS Trust and also Principal Adult Psychotherapist and Lead for Group Therapies with St George's Adult Eating Disorders Service. He trained in Psychoanalytical Group Psychotherapy at the Tavistock Centre and in Forensic Psychotherapeutic Studies at the Portman Clinic. He was formerly Vice-President of the International Association for Forensic Psychotherapy.



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