

# Voices of Recovery, Evidence of Change



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CHILTERN MUSIC THERAPY

## INTRODUCTION:

Chiltern Music Therapy has been working in partnership with Elysium Neurological to deliver NMT™ services across specialist neurological centres, including Adderley Green and Badby Park, since 2017. Through close collaboration with the multidisciplinary team, NMT™ therapists provide evidence-based, outcome-focused interventions that address communication, cognition, motor function, and emotional wellbeing. This partnership ensures that Neurologic Music Therapy® is embedded within rehabilitation pathways, offering patients meaningful, motivating, and measurable opportunities for progress. Data captures the impact these services have had in 2025.

## NEUROLOGIC MUSIC THERAPY® (NMT™):

NMT™ features 20 standardised clinical techniques for speech & language training, cognitive training and sensorimotor training. NMT™ interventions are therefore able to support with a range of functional goals. Psychosocial goals and supporting adaptation to life after injury also forms a significant part of NMT™ sessions.

## METHODS:

- Standardised and individualised functional assessments at baseline
- Monitoring % of SMART goals achieved
- Staff and Patient feedback

## COMBINED PROVISION ACROSS SITES:

- 4 full-days of NMT™
- 20 patients access NMT™ each week
- Individual & Group sessions

## DIAGNOSES REFERRED INCLUDED:

- ABI/TBI
- PDOC
- Stroke
- FND

## RESULTS:

- 80% of the time, Pt mood improved following NMT™
- NMT™ Pt's achieved their SMART goals 80% of the time
- 100% of Pts and staff strongly agreed NMT™ is a valuable service
- All staff agreed/strongly agreed NMT™ was effective for supporting patients functionally and psychologically

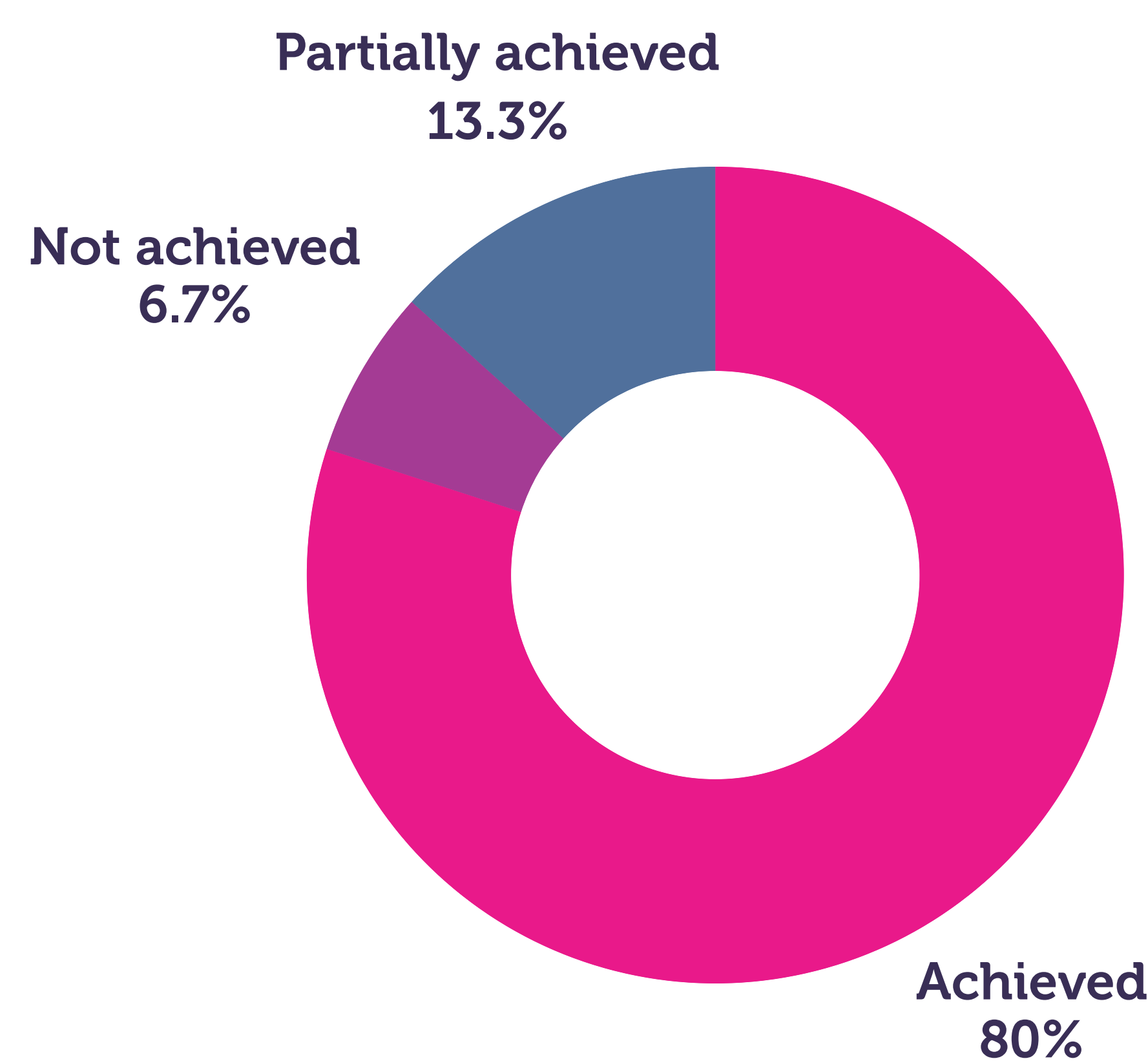


Average mood improvement



Pt and Staff feedback on value of NMT™

## GOALS ACHIEVED:



## DISCUSSION:

Despite not being standard in neurorehabilitation, these integrated services show how Neurologic Music Therapy® drives engagement, provides vital non-verbal psychological support, and addresses gaps in emotional care. With 80% of goals achieved, this evidence offers only a glimpse of the wider functional and psychosocial impact possible if NMT™ were embedded as a core element of multidisciplinary team provision in rehabilitation settings.

## NMT™ MAKES ME FEEL:

“Good” “Happy”  
“Powerful”  
“Heard” “Amazing”  
“The best” “Wicked”



“Music Therapy has helped so many people, both cognitively and physically. It's improved engagement within residents and allowed them to enjoy therapy without thinking of it as a chore. The work of Music Therapy within Adderley Green is highly valuable and plays a significant role in rehab journey.”  
- MDT member at Adderley Green

“If I had to give up any of the other therapies, I'd keep music... Music is the only single time in the whole of this journey that you get a moment of feeling normal.”  
- Pt at Badby Park