



JESSICA HARRIS

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### **Career Summary:**

A high performing, talented and skilled senior music therapist with over 12 years' experience in the successful development and delivery of music therapy programs and clinical interventions for children and adults presenting with complex needs in a wide range of specialist health and social care organisations.. Founder and Director of Mindmusic ([www.mindmusic.ie](http://www.mindmusic.ie)), a specialist company providing bespoke music therapy interventions for children and adults, individuals and groups in clinical and non-clinical organisations.

### **Current and Recent Work History**

#### **Bloomfield Health Services**

2015 - current

- Establishing and delivering music therapy services within Bloomfield residential care setting for patients with complex neurological and mental health diagnoses
- Introducing the profession of music therapy to senior managerial, multidisciplinary and nursing staff
- Engaging in collaborative practice with nursing and multi-disciplinary teams to enhance engagement and evaluative practice
- Reporting to the multidisciplinary team and senior managerial staff
- Contributing to the fulfilment and enhancement of HIQA and HSE standards
- Delivery of training for staff members to enhance therapeutically informed music engagement across the hospital

#### **Royal Irish Academy of Music**

2016 -

Jessica is the sole developer and practitioner of the music therapy department at RIAM, and has framed and shaped her clinic at the RIAM to national clinical and governance standards. Her work at RIAM extends to offering therapeutically informed workshops to teachers and staff to enhance inclusive teaching methods and the creation of an Introduction to Music Therapy course (accessed online) aiming to introduce the profession of music therapy around the globe, launching in the coming months. Her role at RIAM includes:

- Establishing and developing a music therapy post
- Introducing the profession of music therapy within RIAM including contributing to the foundation of appropriate clinical governance policies including assessment procedures and GDPR
- Designing and delivering a music therapy clinic within RIAM running on Tuesday and Saturdays
- Establishing communication networks and collaborating with families, teachers and therapists around each client to enhance therapeutic and evaluative outcomes

- Establishing a community integrated ensemble to support the RIAM inclusive policies and the prioritisation of RIAM's inclusive strategy.
- Designing and delivering workshops for teachers to enhance inclusive teaching techniques informed by therapeutic practices and awareness.
- Delivering outreach community group sessions in collaboration with off site partners including Rehabcare and Blakestown Adult Day Service, forming a bridge through collaboration and communication between RIAM and our outreach partners. Adhering to national and on site policies and guidelines in accordance with each outreach placement.

### **Ballymun Music Project**

2019 - 2021

- Establishing and developing music therapy in Primary schools within the reach of the Ballymun Music Project in collaboration with TU Dublin.
- Establishing and delivering music therapy to individual students as referred by the principal and teaching staff
- Introducing the profession of music therapy to teaching and managerial staff
- Collaborating with principals, classroom teachers, Ballymun music project staff and families of attending students where appropriate to enhance all therapeutic outcomes and transparent evaluation of therapy.
- Gathering evaluative research to contribute to the visible efficacy and sustainability of the post
- During COVID, liaising and collaborating directly with parents to offer online pathways to engagement and for continuation of the therapeutic role both for students and families.
- Time was offered through sharing of timetables for evaluative discussion with teachers after each individual session.
- Introducing relative clinical frameworks including ongoing reflective assessment data and following GDPR and information protection policies
- Demonstrating awareness of school and national policies i.e. child protection, data protection and anti-bullying policies

### **Kiltipper Woods Nursing Home**

2022 -

- Establishment of music therapy services for residents experiencing moderate to severe dementia
- Engaging in collaborative practice with nursing and commissioning activities staff to enhance engagement
- Engaging in care towards end of life including 'music moments' - short sessions enabling meaningful moments of connection and care at end of life
- Reporting to senior nursing care staff and the activities team including development of an assessment procedure following each session
- Delivering music therapy and contributing to the fulfilment and enhancement of HIQA standards within the care home
- Adhering to data protection policies in accordance with GDPR and HSE/HIQA guidelines

### **Clogher Road Community College**

- Establishment and delivery of music therapy to individual students as referred by the principal and teaching staff
- Engaging in collaboration with principal teacher Lesley Byrne, classroom teachers and families of attending students where appropriate to ensure the efficacy and evaluation of therapy at termly intervals
- Introducing relative clinical frameworks including ongoing reflective assessment data and following GDPR and information protection policies
- Demonstrating awareness of school and national policies i.e. child protection, data protection and anti-bullying policies

### **Mindmusic consultancy history**

#### **Bank of Ireland**

2018

- Delivery of a series of sessions to employees within Cabinteely and Baggot St. branches engaged in an internal employee wellbeing programme entitled 'Mindstream'.
- Sessions informed through music therapy ideology and designed to enhance goals in the areas of increased group dynamic and creativity, enhanced communication and increased productivity.
- Co-ordinated directly through BOI employees and members of the programme including senior management associates

Feedback from participants included:

- ...the sessions 'bonded us through a shared appreciation of music'
- 'I highly recommend your workshop and hope other companies avail of it'

#### **Taney National Primary School**

2022

- Delivery of music therapy informed workshops for teachers focused on group dynamic and mental wellbeing following national and community stressors induced by COVID 19 pandemic.

Feedback from participants included:

- 'People felt they learned that they could be kind to themselves and give themselves grace'
- 'Everybody responded that they found the workshop relaxing and they would be very amenable to a follow-up programme in the future'
- '...residual benefits following the programme included allowing quiet time for teacher and pupils in class, as sometimes it just gets too busy'.

### **Education/Training**

B.A. Music Performance 2000 - 2004  
(2:1)

Royal Irish Academy of Music Dublin

MMus 2006 - 2008  
MA Music Therapy 2010  
(2:1)

Royal College of Music, London  
University of Limerick

### **Research**

I am currently engaged as an RIAM research partner within an Erasmus funded Inclusive music project

<https://aec-music.eu/project/inclumusic-2022-2025-erasmus-strategic-partnership/>

The project aims to develop and communicate enhanced strategies for inclusive music education in third level institutions. Our partnered universities include Academia Națională de Muzică Gheorghe Dima (AMGD), Università LUMSA, European University Cyprus, Conservatorio di Musica Statale "Alessandro Scarlatti" and RIAM.

### **Publications**

- Final Note online journal contribution <http://finalnotemagazine.com/articles/jessica-harris/>
- Practice paper: Incorporating a music therapy practice within a conservatoire setting - process, reflections and implications - for publication in Polyphony, IACAT online journal

### **Conferences**

- Music Therapy Symposium, Gheorghe Dima Music Academy Cluj, April 16-19th 2024, key speaker and workshop facilitator
- BAMT annual conference, May 17-19th 2024, poster presentation
- European Confederation of Music Therapy AGM September 24, Irish Representative

### **Performances recent and upcoming**

- Mozart oboe concerto (guest soloist with Greystones orchestra) - Feb. 2023
- Performance of self-composed song for Debra Ireland entitled 'Butterfly' - Dec. 2023
- Rathfarnham Concert Band Music Marathon - Albinoni double oboe concerto with student Brendan O'Donnell
- Avonmore Musical Society Production of 'The Little Mermaid' Oboe and Cor Anglais (reed 2) - April 2024

### **Podcast Contributions**

The Earthly Delights - Moving Forwards with Music with Jessica Harris

<https://podcasts.apple.com/gb/podcast/the-earthly-delights-podcast/id1494504889?i=1000515915912>

Enrich Art Therapy Podcast

<https://www.enricharttherapy.com/podcastsblog/jessica-harris>

**Professional Body Memberships**

- IACAT - Professional member- previously active as a council member on the board of IACAT and presented at the IACAT AGM, RWCMD Cardiff,
- BAMT - International Member
- European Confederation of Music Therapy - In September 2024 will represent Ireland at the AGM of the European confederation of Music Therapy