

Dear Music Therapist in Switzerland and all around Europe

With great joy we invite you to celebrate with us our shared European Music Therapy Day with this year's theme:

Pause and Listen.

We welcome all forms of actions, small or big. You could create a listening booth where people can learn about music therapy, ask questions, and experience what it means to be listened to. You could invite people to stop and listen to music, creating a small space in a busy place where they can take a few minutes just for themselves. You could give an interview about music therapy and the importance of listening, or turn it around and interview someone else – and really listen to them. You could record a soundscape, a conversation, a personal reflection, a piece of music, or even a moment of silence. You could organise a workshop, a public listening session, a listening walk, a performance, a social media action, or simply create a quiet moment for people to pause.



On the 15th of November there is no right or wrong way to take part. Listen to what inspires you.

Share it with us and we will upload it on the EMTC Homepage:

emtc.publicrelations@gmail.com

Or share it on Social Media and tag us on Facebook, so we can reshare!

Across Europe, let us create many different moments of pausing and listening, moments that raise awareness of music therapy, invite connection, and remind us of something we sometimes forget, to...

PAUSE AND LISTEN.

Thanks for you trusting me to represent Switzerland in the EMTC

If you have questions, feel free to reach out: diandra.russo@zhdk.ch oder via +41 78 246 46 19

Vertrauen und dass ich die Schweiz im EMTC vertreten darf.

Mit lieben Grüßen

Diandra Russo