

Our therapists

Representative Director: Miyuki Nakai

1986 Graduated from Kunitachi College of Music. Early Childhood Music Education Major.

Former member of "Izumitaku family" chorus group.
Acquired Kindergarten Teacher Regular Licence (Type 1)
Completed Level 2 Home Helper course
The Japanese Music Therapy Association registered supervisor



Presented paper: *Platform for Music Therapy as a Treatment Structure* (co-authored). *Music Therapy Study* 3:107-115, 1998

Author: *Mother and Child: Dialogue in Music Collection "Play for you" Kokoro Talk Music Room*. Complete 2 Volumes published by Zen-On Music Company 2003

Co-author: *Chapter 5: The recommendation of music therapy: Music Therapy for Children with Autism* 74-105, Minerva Shobo 2006

Sites of clinical activity

- Inuyama Hospital (Medical Corporation Sakura Katsurakai (1995-2001, 2010-present)
- Tsukushinbo Home (1996-present)
- Setagaya Kinuta Koubo (1998-present)
- MTN Setagaya Music Conversation Studio, Kamiuma 5 Chome Music Room (1998-2012)
- MTN Kokoro Talk Music Studio, Kamiuma 5 Chome Music Room (2012-present)
- Setagaya Umegaoka Welfare Training Home; internal independent Group (1999-2001)
- Saitama Independent Children's Group 'poco a poco' (2003-2005)
- Arakawa-ku, 'Arakawa House of Wishes: Life Training Center' (2004-present)
- Saitama Social Center for People with Disabilities; independent children's group (2008-2012)
- Arakawa-ku 'Arakawa Life Training Center' (2010-present)
- Social welfare organization Itaru Center/ Itaru Seijo (2015-present)

Educational Positions and Experience

- International College of Music Therapy, Tokyo (1999-2003) Lecturer and lecturer of short course
- Kanagawa Education Center (2001)
- Japanese Society of Social Pharmacy, Citizens Forum (2002)
- Fuchuu Rehabilitation Centre, Childcare Research and Exchange Meeting (2003)
- Katsushika Pharmaceutical Association, regular training workshops (2003)
- North Fuchuu Rehabilitation Center (2003)
- Setagaya-Ku Health and Welfare Center (2004)
- Occupational Therapist and Physiotherapist Training Course, Toritsushinkei Hospital (2005)

- Nihon University College of Art, Fine Arts lectureship (2007)
- Music Therapy Network, Mie Prefecture (2008)
- Kodo-kan Academy Prefectural Citizens University, Ibaraki prefecture, First Semester Music Therapy Music Workshop (2013)
- "How to 'level up' your improvisation through 'CUTES': Course for music therapists", Lecturer (2008-present)

Associate Director: Etsuko Shinohara

Japanese Music Therapy Association (2003) Certified Music Therapist
Renewed in 2009 and 2013

After graduating from university, I found employment as a teacher in a public primary school. During this time, I came into contact with children in a special support class and children with mutism. Working with these children, sharing in their distress and happiness whilst gaining a degree of perspective on raising my own child, I decided to spend the rest of my life devoted to music therapy.

In the spring of 1999, I observed a MTN Setagaya Music Conversation session at a facility for people with profound and multiple disabilities. Here I was very moved to see a response from the participants, albeit small and gradual, to the live music performed for them in the session. After this session, I entered the NPO as a trainee.

Whilst training, I completed courses in music for rehabilitation at the Tokai University Lifelong Learning centre and at Tokyo Gakugei University, furthering my study of music therapy and of developmental and learning difficulties.

Music therapists are always trying to understand what the participants of music therapy are thinking, to find what they want to do, and will try multiple approaches in order to find a way to solve the problems participants face. So many emotions are shared in a session; we laugh, smile and dance together...it is a time where we can honestly express ourselves. Please come and try a music therapy session and let us share this time together!



For the recipients of music therapy and their families; I would be overjoyed if I can help you to speak of the future with a smile.

Graduated from Ueno Gakuin University Music Department, Music Education Specialism
Acquired Middle School Teacher Regular Licence (Type 1) Music Teacher
Acquired Middle School Teacher Regular Licence (Type 2) Music Teacher
Chiba Prefecture public primary school teacher (2 years)

Sites of clinical activity

- Tsukushinbo Home (1999-present)
- Setagaya Kinuta Koubo (2009-present)

- MTN Setagaya Music Conversation Studio, Kamiyama 5 Chome Music Room (2001-2012)
- MTN Kokoro Talk Music Studio, Kamiyama 5 Chome Music Room (2012-present)
- Setagaya Umegaoka Welfare Training Home; internal independent Group (1999-2001)
- Saitama Independent Children's Group '*poco a poco*' (2003-2005)
- Arakawa-ku, 'Arakawa House of Wishes: Life Training Center' (2004-present)
- Saitama Social Center for People with Disabilities; independent children's group (2008-2012)
- Arakawa-ku 'Arakawa Life Training Center' (2010-present)

Lecturship Experience

- Tokyo Metropolitan Board of Education Culture Course; Music Class for the Visually Impaired (1999-present)
- Ueno Gakuin University Alumni Association Chiba Branch, Training Workshop (2005)

Ayane Shibano

Japanese Music Therapy Association (2010) Certified Music Therapist
Renewed in 2015

From a very young age, my favourite fantasy world was one filled with music and from as young as 3 years old, I had decided that when I grew up, I wanted a job which used the piano. With this forever in mind, I found my dream job: Music Therapist.

I found MTN Setagaya Music Conversation Studio in my 2nd year of university. Since then, I found nothing more delightful than the many miracle-like moments that took place during each day's clinical practice.



From April 2017, after 12 years of clinical experience in Tokyo, I have decided to temporarily return to Niigata Prefecture to make my contribution to the music therapy activities of my home prefecture.

When thinking about beginning music therapy, firstly, please tell us what kind of music you like and what you often listen to. Using your preferences as a starting point, we can discover various aspects of your personality, support your development in many different ways and together we can strengthen your heart and mind.

Graduated from Nihon University College of Art
Completed Level 2 Home Helper course

Sites of clinical activity

- MTN Setagaya Music Conversation Studio, Kamiyama 5 Chome Music Room (2007-2012)
- MTN Kokoro Talk Music Studio, Kamiyama 5 Chome Music Room (2012-present)
- Arakawa-ku, 'Arakawa House of Wishes: Life Training Center' (2007-2017)
- Tsukushinbo Home (2007-2017)

- Saitama Social Center for People with Disabilities; Independent children's group (2008-2012)
- Social Welfare Corporation, Special Nursing Home for the Elderly, Yokota Home (2008-2017)
- Miyashita Kindergarten Music Therapy (2008-2017)
- Nishi Tokyo City Hoya Welfare Centre for those with Disabilities (2008-2017)
- Setagaya Kinuta Koubo (2009-2016)
- Arakawa-ku 'Arakawa Life Training Center' (2010-2017)
- Social welfare organization Itaru Center/ Itaru Seijo (2015-2017)

Hanami Naoko

Japanese Music Therapy Association (2011) Certified Music Therapist
Renewed in 2016

I loved music from young age, often singing and playing at the piano. Although I loved the piano, there was a time where piano practice was agony for me and I began to hate music. I was also in danger of hating myself for this attitude.

This was when I was a primary school student. However, during this time, I became fascinated with the fun of music once more on hearing the flute in a traditional Japanese drum and flute band. From that time on, my world opened up; I took up the flute and met many wonderful people when I joined the orchestra at my high school. Before I knew it, music had become an inseparable part of my life.



Music had helped me in my student days so I wanted to take a class at university which focused on how music could be useful to others. It was in this class that I first came into contact with music therapy. Music therapy is not the time for learning and acquiring musical skills. It is the time for self-discovery through the enjoyment of music; the time where therapists can enable you to realise unknown potential, to find a starting point for development, to harness a gentle power allowing you to lead a full life.

I have been working as a music therapist in Suwa, Nagano prefecture since 2015 and am devoted to helping all.

Graduated from Senshoku Gakuen Music Therapy Course

臨床場所

- Tsukushinbo Home (2010-2014)
- Setagaya Kinuta Koubo (2010-2015)
- MTN Setagaya Music Conversation Studio, Kamiuma 5 Chome Music Room (20010-2012)
- MTN Kokoro Talk Music Studio, Kamiuma 5 Chome Music Room (2012-present)
- Arakawa-ku, 'Arakawa House of Wishes: Life Training Center' (2010-2014)



- Arakawa-ku 'Arakawa Life Training Center' (2010-2014)
- Saitama Social Center for People with Disabilities; Independent children's group (2010-2012)
- Ota-Koyokai Social Welfare Corporation (2011-2015)
- Support facilities for People with Disabilities 'Kizuna no sato' (2011-2013)
- Edogawa-ku 'House for All' (2010-present)
- Child Development Support Office: WAKUWAKU Studio (2016-present)

Chihomi Kase

Japanese Music Therapy Association Affiliated Care Worker

As a high school student trying to decide what to study at university, thinking vaguely about heading in the direction of social care, I discovered 'music therapy' and desperately wanted to know more. Therefore I decided to enter Music College. I knew it to be true that transformation can happen through the medium of music, however, the more I studied, the less I felt I understood why this change can happen through music. After graduation, I began working at a facility for elderly people as a support staff member and as a music therapist.

During this time, I contacted many leaders in the field of music therapy in a quest to further my learning and I finally found Kokoro Talk Music Studio. After getting married, I decided to leave my previous position and entered Kokoro Talk Music in its newly established NPO status as a staff member. I am currently on maternity leave, however, during this time I shall continue research necessary for my Music Therapy certification, help in any way I can and shall return to activities once I have become a strong mother!

Ueno Gakuen Junior College フルート専攻 Clarinet?? major

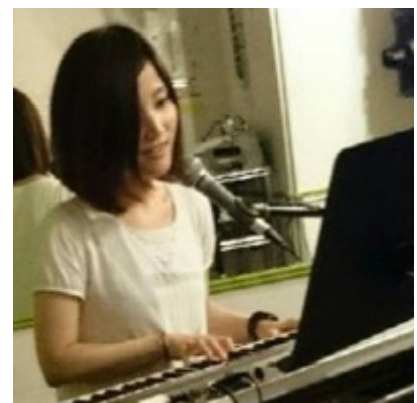
臨床場所

- Tsukushinbo Home (2016-present)
- Setagaya Kinuta Koubo (2016-present)
- MTN Kokoro Talk Music Studio, Kamiyama 5 Chome Music Room (2016-present)
- Arakawa-ku, 'Arakawa House of Wishes: Life Training Center' (2016-present)
- Arakawa-ku 'Arakawa Life Training Center' (2016-present)
- Social welfare organization Itaru Center/ Itaru Seijo (2016-present)

Maya Nakamura

Japanese Music Therapy Association (2013) Certified Music Therapist

Music has been a part of my life since a very young age. Since primary school age I learnt piano, at school I learnt percussion and from middle school to university I played horn in wind bands and orchestras. The spirit of cooperation I enjoyed when performing with



my fellow musicians, the sense of achievement and unity I felt were experiences unique to music

Whilst at high school and considering what course to take at university, it became clear to me that I had a strong desire to learn more about music therapy and so I decided to enrol at a specialist school for music therapy.

After graduation, I secured a position working in a facility for people with disabilities. However I felt that it was necessary for me to gain more experience and to further develop my understanding and skills. Therefore, I amassed 3 years of clinical experience with this NPO and am now working as a music therapist in my home area of Saitama.

As a music therapist, I always want to become close to those who need music therapy and try to supplement their life with feelings of unity and sufficiency that can be savoured through music.

Graduated from the International College of Music Therapy Commuting Course
Completed Level 2 Home Helper course

Yanase Takanari

Japanese Music Therapy Association (2014) Certified Music Therapist

My decision to train as a music therapist was influenced by my upbringing: My 2 younger brothers and I were raised by parents who both work in medical care. We realised that my youngest brother, who has Downs Syndrome, did not lack in communication skills through the medium of music. At 18 years old, I had a change of attitude, began to learn guitar and completed studies at a certified scientific college with the aim of becoming a music therapists.



Whilst studying, I was introduced to Miyuki Nakai by my guitar teacher and became captivated by the activities run under her organizations supervision. After graduating, I was able to continue my activities with facilities I had completed my short term training with; working at a B type facility providing support for people with intellectual disabilities and a facility providing daily care for those with disabilities.

In 2015, I participated in 'Yuta Band' as a therapist with Yuta Watanabe, a young man who had been raised with music therapy sessions at Kamiuma 5 Chome music studio. Following on from this experience, I wanted to continue collaborating with 'Yuta Band', to learn more about music therapy and to spread the word of Kokoro Talk Music Studio. Therefore, I became an active member when Kokoro Talk Music became an NPO.

I love the guitar. When I play, the guitar's unique vibration makes my heart leap with excitement and it is this feeling, which words can't describe, that I want to share with as many people as possible. That is my aim as a music therapist.

Graduated from Japan Welfare Education College, Music Therapy Course

Acquired regular driving license

(7 hours)