

About My Song Counselling

Perhaps there is a personal story attached to the songs you like that you have yet to notice...

Why is it that these songs can speak for you?

We refer to these types of song as 'My Song' or 'Personal Song'.

Through a type of clinical research we refer to as 'My Song Meeting', we begin to play music and use counselling techniques, slightly different to reminiscence therapy, in order to understand the thread which connects a client to a particular song. This is something which can only be achieved through music.

Would you like to discover your own 'My Song'? Would you like to find and treasure your own important story?

In order to further the expansion of NPO Kokoro Talk Music's music therapy activities, we have created an official LINE group chat, which is partly used for 'My Song Counselling'. Miyuki Nakai is the music therapist responsible for this counselling.

For those who wish to try 'My Song Counselling', please read the following two possible registration methods:

A. As an associate member

On receiving your support when becoming a member, we shall include up to 2 'My Song Counselling' songs within the yearly fee for free. After the 2 included songs, the fee for each additional song is 500 yen.

♪ We will include the presented 'My Song' in the NPO's 'My Song Bank' and review at each consultation.

♪ In the event that more than one client wishes for the same 'My Song' to be performed, we may be able to deliver one performance by the same therapist for multiple clients. After discussion of the 'My Song' performance fee, we will try as much as possible to provide this service for the actual cost of the performance only.

♪ There is the possibility to transfer from associate member status to general member status.

♪ The yearly fee covers April – the following March. After receiving the yearly fee, 2 songs shall be included before the following March.

B. As a general member:

On discussion, we can provide one song for 1000 yen for those wishing to partake in 'My Song Counselling' without registering as a member.

♪ As an unregistered member, you will not be able to access the NPO's 'My Song Bank'. However, for those wishing to repeat the song service, providing there are records of our previous discussions, we may be able to repeat the song counselling with the same therapist as before.

As there is an upper limit to how many people can take part in the LINE group, we cannot promise to keep records of all talks. We thank you for your understanding.

♪ It is possible for general customers to become registered members after discussion of 3 songs. From then on, please use the songs included within the yearly fee before the following March.

Procedures and methods for receiving this therapy:

1. Register with our official LINE group
2. Confirm payment (please use the name you registered with)

Payment via bank transfer:

Mizuho Bank(0001) Komazawa Branch(544)

Ordinary bank account 1058340

Bank account name: とくていひえいりかつどうほうじんごころ 特定非営利活動法人心のおしゃべり おんがくこうぼう 音楽工房

3. Please choose your name on the official LINE group. For registered members, please use your actual full name. For general members, you may use a nickname. Furthermore, please inform us of your: Wish to participate as a registered member or general customer, gender, date of birth, town of residence, occupation or status (student, company employee, self-employed, teaching staff, housewife etc) marriage status and if you have children.
4. Contact the therapist who is responsible for providing the therapy for you.
5. Begin counselling for the first song in the LINE chat. For each song, the therapist will ask the client some questions in order to gain common understanding of the client's 'My Song'. This usually requires an exchange of 2-3 messages. This concludes the counselling of the 'My Song'.
6. The therapist shall contact the customer to inform them of completion of the song counselling.

※In principle, this counselling is aimed at those who can accurately handle this means of communication alone.

※This is a new type of counselling.

※This counselling is not suitable for those currently receiving psychiatric, neurological or psychosomatic treatment or for those seeking psychiatric counselling. Using music as a medium for conversation can become a part of psychotherapy. Therefore this counselling could be dangerous for those with anxiety disorder, mental health issues or maladjustment etc who fear triggering an outbreak.

Through careful attention to the client's speech, if the therapist feels that there is a possibility of an outbreak occurring, the therapist shall immediately explain this danger and call the counselling to a halt. As we are concerned for the mental and physical health and safety of the client, we ask for your understanding in this matter. If we have to cancel the counselling after receiving payment, we shall return the fee.

In principle, a registered member's fee is treated as a donation, which we generally would not reimburse. However, if you wish to be reimbursed, this is possible. In this case, we will ask to do this via bank transfer. We appreciate your co-operation. The returning of the fee shall incur bank charges. Therefore, to split this burden, we ask that the client pay for half of the bank charge. We appreciate your understanding in this matter.

(3 hours)