

The Broadmoor Porta Studio

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What is music therapy?

A clinical intervention that uses music to aid people with their physical, cognitive, and emotional well-being.

Music Therapists undertake a three-year master's course and are members of the Health and Care Professions Council (HCPC).

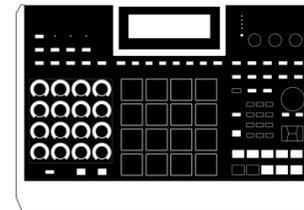
People from all walks of life can benefit from music therapy, and they do not need to have any musical skills. Sessions can be based around:

- 🎵 Improvisation
- 🎵 Songwriting
- 🎵 Music appreciation
- 🎵 Composition.

Music therapy at Broadmoor

The hospital's music department offers a range of structured interventions tailored to meet the needs of patients. A triage system helps determine therapeutic goals and the most appropriate pathway. Under this therapeutic umbrella, the department offers:

- 🎵 1:1 Music therapy
- 🎵 Group music therapy
- 🎵 Music production
- 🎵 Access to the Porta Studio.



Intensive care and secluded patients

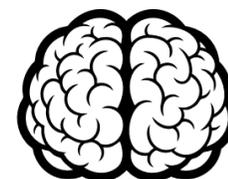
We bring portable music technology (Akai MPC) to patients in secure psychiatric settings, including intensive care and long-term seclusion (LTS), where access to therapy is limited. This approach increases access, reduces barriers, and supports creative and emotional expression through music therapy.

The Porta Studio idea

It was noted that high-risk patients showed calmer behaviour during studio music therapy. To extend these benefits to those unable to access the studio, we bring music therapy and technology directly to the ward, promoting equitable access and positive outcomes for all patients.

A moment of happiness

Brief moments of happiness can boost emotional regulation and recovery by releasing mood-enhancing neurotransmitters like serotonin and oxytocin. These effects are especially valuable in settings with limited stimulation and engagement (Music, 2022).



Exploration and curiosity

Curiosity drives development and well-being, but in psychiatric intensive care, especially for patients in long-term seclusion, opportunities to explore and express curiosity are limited. Supporting curiosity in these settings can enhance engagement, emotional growth, and recovery.

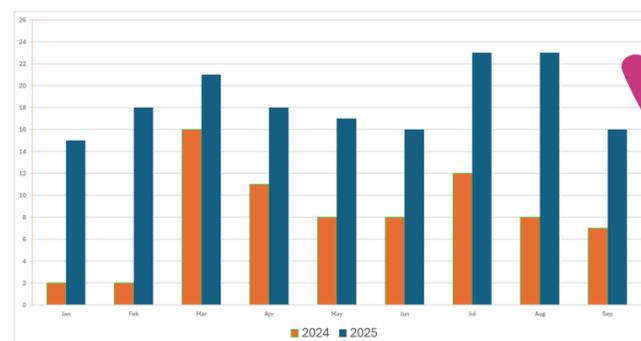


How we brought the studio to the patients

- 🎵 **Equipment:** Researched and obtained a suitable device
- 🎵 **Training:** Staff trained on safe and effective use
- 🎵 **Patient selection:** Chose initial patients based on criteria
- 🎵 **Started small:** Started Akai sessions with two patients
- 🎵 **Expansion:** Increased patient access
- 🎵 **Evaluation:** Reflected on feedback and outcomes
- 🎵 **Further training:** Trained more staff to scale up the sessions.



Session attendance (2024 - 2025)



Session attendance more than doubled following the introduction of the Akai MPC in 2025, suggesting increased engagement and therapeutic uptake.