

What is Music Therapy?

Music therapy is the use of music and therapeutic relationships to improve clients' quality of life through planned, goal directed activities.



Our therapists use music to engage clients diagnosed with various conditions including:

- Autism
- Anxiety/Depression
- Physical Disabilities
- Alzheimer's Disease
- Learning Disabilities
- Sensory Impairments
- Developmental Delays
- Neurological Disorders
- Cancer
- Dementia
- Chronic Pain
- Brain Injuries
- Mental Illness
- Geriatric Issues
- Substance Abuse
- Down Syndrome



What Happens in a Music Therapy Session?

A board certified music therapist engages clients through:

- Singing
- Listening to Music
- Songwriting
- Moving to Music
- Playing Instruments
- Song Analysis



Throughout sessions, therapists work with clients on a variety of non-musical goals including:

- Communication
- Sensory Integration
- Motor Coordination
- Emotional Expression
- Following Instructions
- Empathy
- Self Esteem
- Cooperation
- Eye Contact
- Self Control
- Social Skills
- Physical Exercise
- Daily Living Knowledge
- Speech and Language Development

A plan is created for individuals or groups using input from the client(s), caregivers, family members, and other health professionals.