



MUSIC THERAPY DEFINED

What is Music Therapy (MT)?

- Use of clinical and evidence-based music interventions to target goals across other areas such as language, motor, cognition, and social skills and emotions
- A Music Therapist is a licensed and credentialed professional who has completed an approved music therapy Bachelors, Masters or PhD degree program and successfully completed the board examination to hold the credential, Music Therapist-Board Certified (MT-BC)

Innovative, Creative, Reinforcing

Our music therapist is amazing! Music Therapy is about taking a student's goals in other areas of learning and development (communication, language, gross or fine motor, social, emotional, or behavioral) and finding creative ways to use music or instruments to target the skills needed in these core areas. Music therapy is using music for non-musical goals. Music stimulates both sides of the brain which promotes more connections for learning.

We serve a wide range of student needs with our music therapy program, including but not limited to:

- Auditory Processing
- Fine and Gross motor skills
- Verbal expression skills (including written expression skills)
 - building vocabulary
 - increasing message length / sentence structure
 - improving intelligibility of speech
 - Spelling
- Receptive Language
 - Following Instructions
 - Understanding basic and academic concepts from preschool through high school
 - Reading and Listening Comprehension
- Attention/ Executive Functioning
 - Goal Setting
 - Committed Action / Follow through
 - Organization
- Social / Emotional Learning and Social Skills
 - Understanding our own thoughts and feelings as well as others
 - Perspective Taking
 - Non verbal language (understanding and using)
 - Strategies for anxiety/ stress / depression and self regulation
 - Including lessons from curriculums such as Social Thinking; Accept, Identify, Move (AIM), and Acceptance and Commitment Training (ACT)

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Applied Behavioral Analysis
Music Therapy
Occupational Therapy
Physical Therapy
Speech/Language Therapy
Social Skills Groups

We provide a full range of Music Therapy services, including:

- Individual Evaluations to assess how music intervention can assist in achieving desired outcomes in areas listed above
- Individual sessions at office, In-home and in schools
- Co-treatment with other disciplines
- Small Group treatment sessions
- Whole Class instruction and practice