



## Who Can Benefit from Music Therapy?

Individuals of all ages can benefit from music therapy. Interventions can be designed to promote wellness, increase attention and focus, improve self-expression, enhance memory, and support emotional and behavioral regulation.



Music Therapy helps people with:

- Autism spectrum disorders
- Intellectual disability
- Mental health needs
- Traumatic brain injury
- Developmental disabilities
- Neurological impairments
- Physical impairments
- Chronic/terminal illness
- Alzheimer's disease
- Down syndrome
- Substance Use Disorder
- Sensory impairment
- Relaxation/pain management issues

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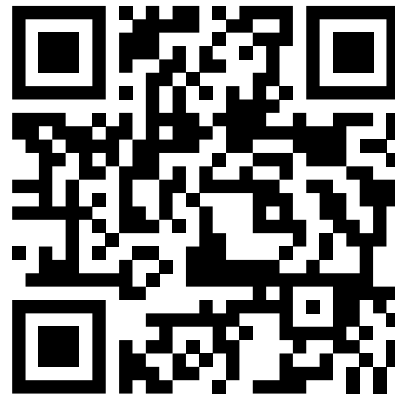
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# Music Therapy

# What is Music Therapy?

According to the American Music Therapy Association (AMTA), "Music Therapy is the clinical and evidence-based use of music intervention to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program." Music Therapy uses music to address physical, emotional, cognitive and social needs of individuals of all ages and abilities.

## Our Program

To achieve the goals of each individual enrolled in the program, our music therapists may use a variety of interventions such as, but not limited to:

- **Songwriting**
- **Lyric analysis**
- **Movement to music**
- **Vocal and instrumental improvisation**
- **Instrument playing**
- **Relaxation**

We offer structured, goal-centered therapy sessions that combine these interventions, along with others, to appropriately help each individual. Because music therapy is a powerful, non-invasive medium, unique outcomes are possible.



## Session Settings



Living Unlimited provides music therapy in a variety of locations, including:

- **Our treatment centers**
- **Schools and child care centers**
- **Supported living environments**
- **Other community organizations**
- **Private homes**



## Our Music Therapists

Board Certified music therapists are clinically trained to enhance areas of functioning needed to promote positive change. Living Unlimited music therapists are accomplished in piano, voice and guitar in a wide range of musical styles. They are knowledgeable in song composition, music theory, improvisation, and music therapy research methods. Additionally, they are trained in assessment and treatment-planning, thus ensuring that each therapist is familiar with major theories and models of therapy to meet the unique needs of diverse individuals receiving our services.

## The Sweet Sounds of Success

Below are two testimonials from those who have witnessed the benefits associated with music therapy treatment:

*Music therapy motivates my son, more than any other therapy he receives. Because he's having fun with his therapist during his sessions, my son doesn't realize he's working hard and receiving doses of physical, occupational and speech therapy. In addition to improving his skills in many areas, he's also gaining confidence. What a brilliant concept music therapy is!*

**- Mother of a Client**

*Music therapy in the elementary setting has been very beneficial for my students with autism. I see direct correlations in the songs they sing in music therapy and their ability to express their feelings, wants, and needs. Students are motivated to attend music therapy sessions and the therapist is always eager to connect school concepts to therapy sessions. Music therapy has increased the students' ability to interact within a small group, take turns, and follow directions. I have been very happy with the progress my students have made through music therapy and continue to be excited as I watch them as they benefit socially and emotionally from this essential service!*

**- Life Skills Support Teacher**