



*small steps
music*

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WHAT IS MUSIC THERAPY?

MUSIC THERAPY IS THE CLINICAL AND EVIDENCED-BASED USE OF MUSIC INTERVENTIONS TO ACCOMPLISH INDIVIDUALIZED GOALS WITHIN A THERAPEUTIC RELATIONSHIP BY A CREDENTIALLED PROFESSIONAL WHO HAS COMPLETED AN APPROVED PROGRAM.

-AMERICAN MUSIC THERAPY ASSOCIATION

WHO CAN BENEFIT FROM MUSIC THERAPY?

CHILDREN, ADOLESCENTS, ADULTS, AND THE ELDERLY WITH MENTAL HEALTH NEEDS, DEVELOPMENTAL AND LEARNING DISABILITIES, AGING RELATED CONDITIONS, SUBSTANCE ABUSE PROBLEMS, BRAIN INJURIES, PHYSICAL DISABILITIES, AND ACUTE OR CHRONIC PAIN, INCLUDING MOTHER'S IN LABOR

MUSIC THERAPISTS ASSESS MULTIPLE DOMAINS, INCLUDING SOCIAL, EMOTIONAL, PHYSICAL, COGNITIVE, COMMUNICATION, AND MUSICAL THROUGH MUSIC INTERVENTIONS, SUCH AS INSTRUMENT PLAYING, SONGWRITING, MUSIC LISTENING, AND MUSIC PERFORMANCE.