

## Approach

Connections Music Therapy takes a client-centered approach. Aspects of behavioural and community music therapy are combined to provide quality treatment. Goals are made in conjunction with the individual and family to ensure the program is tailored to meet your needs.

## Rates

Initial Assessment - \$75  
Individual Session - \$55  
Price includes travel time within the London, Woodstock and surrounding area. For clients outside of this geographic area, travel costs will be confirmed prior to the initial assessment. Please contact for group rates.



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~ When words can't be found music speaks ~

# Connections Music Therapy



## Populations

Music therapists work with various populations including but not limited to:

- ♪ Developmental delay
- ♪ Autism
- ♪ Behavioural issues
- ♪ Dementia/Long term care
- ♪ At-risk youth
- ♪ Mental health
- ♪ Palliative care
- ♪ Oncology
- ♪ Paediatrics
- ♪ Addictions
- ♪ Acquired brain injuries
- ♪ Victims of abuse

Connections Music Therapy specializes in congenital & acquired cognitive, physical, and mental disabilities/disorders.

Rapport ● Trust ● Integrity

## What is Music Therapy?

“Music therapy is the skillful use of music and musical elements by an accredited music therapist to promote, maintain, and restore mental, physical, emotional, and spiritual health. Music has nonverbal, creative, structural, and emotional qualities. These are used in the therapeutic relationship to facilitate contact, interaction, self-awareness, learning, self-expression, communication, and personal development.” – Canadian Association for Music Therapy

Music therapy looks to achieve goals in the areas of:

- ♪ Communication
- ♪ Academic
- ♪ Motor
- ♪ Musical
- ♪ Emotional and
- ♪ Social Skills



## Music Therapy Sessions

Sessions can be individual, small group, or large group in size. Small group sessions range from 2-6 participants, while large group sessions can include up to 15 participants. Music therapy sessions typically occur once per week and are one hour in length.

## Interventions

Typical interventions include:

- ♪ Song writing
- ♪ Singing precomposed music
- ♪ Vocal improvisation
- ♪ Instrumental improvisation
- ♪ Listening to music
- ♪ Art and music
- ♪ Adaptive instrument lessons
- ♪ Instrument playing
- ♪ Lyric analysis