



Music Therapy at Arbor Therapy

Common Music Therapy Goals

- Expressive and receptive communication skills
- Attention to task
- Coping skills
- Social and emotional skills
- Enhancing gross and fine motor skills
- and more!

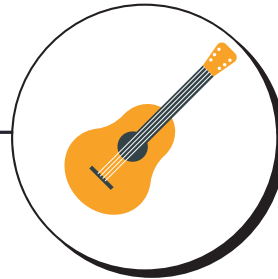
Why Music Therapy?

- Music therapy addresses several needs simultaneously in a positive and exciting medium. Not only may music activities be opportunities for a child to "shine," but they can also be used to reinforce non-musical goals.

Will Music Therapy Benefit my Child?

Contact Sarra Erb, MT-BC with questions and/or to discuss if your child will be a good fit for a music therapy evaluation.

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What is Music Therapy?

Music Therapy is a multimodal, evidence based health profession in which music is used to address physical, emotional, cognitive, and social needs of individuals.

After assessing the strengths and needs of each client, the Board Certified music therapist (MT-BC) provides an individualized treatment plan including interventions such as: creating, singing, moving to, and/or listening to music. Client preferred music and a variety of instruments, like the guitar, piano, and percussive instruments, are utilized in each session.

Through therapeutic music involvement, clients' abilities are strengthened and transferred to other functioning areas. Research in music therapy supports its effectiveness in many areas such as: overall physical rehabilitation and facilitating movement, increasing social and communication skills for effected individuals, as well as addressing a variety of life skills.

Music therapy goes beyond the therapeutic practice to provide self expression in clients and emotional support for their families.



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continued

"Almost all children respond to music. Music is an open-sesame, and if you can use it carefully and appropriately, you can reach into that child's potential for development."

- Dr. Clive Robbins
of the Nordoff-Robbins
Music Therapy Clinic

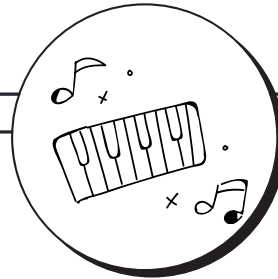
Who is a Qualified Music Therapist?

- Someone who holds Board Certified Music Therapist (MT-BC) credential who:
- Hold a Bachelor degree or higher in music therapy through an approved program by the American Music Therapy Association
- Complete 1200 hours of clinical training
- Pass a certification exam administered by the certification board for music therapists

Adding Music Therapy to my child's Tx Plan:

- Contact your child's support coordinator to see about adding music therapy at Arbor Therapy to their treatment plan

now
Available



How Does Music Therapy Make a Difference?

- Music stimulates all of the senses and involves the child at many levels. This "multi-modal approach" facilitates many developmental skills.
- Music is highly motivating, yet it can also have a calming and relaxing effect. Enjoyable music activities are designed to be success-oriented and make children feel better about themselves.
- Music can encourage socialization, self-expression, communication, self-esteem, and motor development.
- Because the brain processes music in both hemispheres, music can stimulate cognitive functioning and may be used for remediation of some speech/language skills.
- Music therapy can help a child manage pain, stressful situations, and teach positive coping skills.