

Find Your Voice

Music Therapy

Music therapy is the study and practice of how music affects people. Individuals do not require musical ability but instead it's a process of making, being affected by, and responding to music to address client-specific goals.

Music therapists use music intentionally and purposefully in a group or individual setting to help individuals promote, maintain, and restore physical, emotional, cognitive, social, and spiritual health.

BENEFITS OF MUSIC THERAPY FOR ACQUIRED BRAIN INJURY & STROKE

Physical Goals

- Improves fine and gross motor skills
- Improves mobility and coordination of movement
- Enhances visual motor skills
- Improves verbal and communication skills
- Provides means of distraction and temporary relief from pain and discomfort
- Increases relaxation and releases tension in the body

Emotional Goals

- Addresses positive changes in emotional states
- Increases confidence and self-esteem
- Reduces agitation, aggression, stress, anxiety, and depression
- Increases empowerment and control
- Develops coping strategies

Cognitive Goals

- Provides cognitive stimulation to multiple brain areas and neural pathways
- Triggers release of hormones serotonin, oxytocin, and dopamine
- Enhances recall and language skills
- Enhances visual perception and sensory processing

Social Goals

- Promotes community, social interaction, and group cohesion
- Increases awareness to the environment and others
- Enhances social and emotional skills
- Decreases behaviour problems (ie. confusion, agitation, aggression, anxiety)
- Increases attention and focus through the structure in music
- Enhances turn taking, listening, and sharing skills
- Addresses academic and life skills

Spiritual Goals

- Enhances faith and spirituality
- Promotes creative and self expression when verbal and mental abilities may be deteriorating
- Provides support, acknowledgement, and validation of beliefs, values, thoughts, and ideas

INTERESTED IN LEARNING MORE?

Book a complementary 30 minute consultation today!

1-800-827-3120 (ext. 101)
info@findyourvoicemusictherapy.com
www.findyourvoicemusictherapy.com