

# Music Therapy

Music Therapy is an established healthcare profession that uses music to address physical, emotional, cognitive, and social needs of individuals of all ages. Music therapy improves the quality of life for persons who are well and meets the needs of children and adults with disabilities or illnesses. Music therapy interventions can be designed to:

- promote wellness
- manage stress
- alleviate pain
- express feelings
- enhance memory
- improve communication
- promote physical rehabilitation.

Research in music therapy supports its effectiveness in a wide variety of healthcare and educational settings.

*(American Music Therapy Association)*



♪ *Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program. (American Music Therapy Association definition, 2005)*

♪ Dr. Sacks reports that patients with neurological disorders who cannot talk or move are often able to sing, and sometimes even dance, to music. Its advocates say music therapy also can help ease the trauma of grieving, lessen depression and provide an outlet for people who are otherwise withdrawn. Dr. Oliver Sacks ("Awakenings"): *from St. Louis Post Dispatch*

♪ *(Music Therapy) can make the difference between withdrawal and awareness, between isolation and interaction, between chronic pain and comfort — between demoralization and dignity." Barbara Crowe, past president of the National Association for Music Therapy*

♪ "When we look at the body of evidence that the arts contribute to our society, it's absolutely astounding. Music therapists are breaking down the walls of silence and affliction of autism, Alzheimer's and Parkinson's disease." Michael Greene, President & CEO of NARAS, 1997 Grammy Awards

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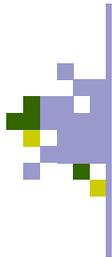
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**A Nonprofit  
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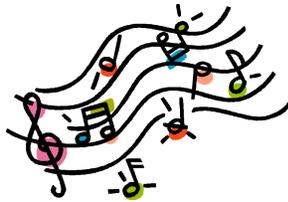
# Music Therapy at Music Academy of Eastern Carolina

Music is a meaningful form of expression for a wide range of individuals at various stages of development.

Musical interventions utilized as therapeutic techniques can provide the framework for achieving specific goals.

No particular musical ability or training is needed to benefit from music therapy. Since music is a form of sensory stimulation, it provokes responses due to the familiarity, predictability, and feelings of security associated with it, which eventually leads to therapeutic benefits.

Music therapists receive specialized training to utilize music in a therapeutic manner by completing a baccalaureate or advanced degree program in music therapy. Subsequent national board certification validates a therapist's knowledge and skill.



## Music Therapy Services

The following treatment services and programs are provided by music therapists at the Music Academy of Eastern Carolina.

- ♪ Children with Developmental Disabilities
- ♪ Early Childhood Music Program
- ♪ Pain Management
- ♪ Adaptive Music Lessons
- ♪ Psychosocial Music Therapy
- ♪ Wellness Programs
- ♪ Movement Disorders Exercise & Maintenance Group
- ♪ Professional and Personal Development Workshops
- ♪ Inclusive Summer Camps
- ♪ Assessments
- ♪ Consultation Services

Music therapy consists of a functional assessment of the client, development of therapeutic goals and objectives and the design of functional, therapeutic music experiences.

Music therapy sessions are held with individuals or groups. Sessions may be 15 minutes to one hour, once or twice per week and may take place at the Music Academy music therapy clinic or in a community agency or school.

## Outcome-Based Group and Individual Services

### *Communication*

- Improve eye contact
- Increase spontaneous language
- Increase repertoire of communicative outlets

### *Academic Skills*

- Improve memorization skills
- Improve multi-sensory processing skills
- Increase ability for reading and math concepts

### *Motor Skills*

- Improve fine and gross motor skills
- Improve awareness and control of body
- Improve motor planning and ability to complete tasks

### *Emotional Expression*

- Use music as a catalyst to physically release emotional tension
- Use music to practice relaxation techniques
- Improve ability to express emotions

### *Social Interactions*

- Increase peer awareness
- Increase self-esteem
- Increase cooperative group participation

### *Behavioral*

- Reduce impulsivity
- Improve tolerance in sharing group control
- Increase positive participation and attending skills

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