



## What is Music Therapy?

Music therapy is an evidenced-based therapy that uses the power of music to address a variety of goals, including:

Social  
Cognitive  
Emotional  
Behavioral  
Physical  
Sensory  
Communication



### Individual Music Therapy:

One-on-one sessions for children or adults to explore communication, expression, socialization or understanding, with guidance provided by the music therapist

### Music Therapy Groups:

A variety of group options, customized based on age and ability, offering interactive and positive opportunities for social interaction with others

## What Are The Benefits of Music Therapy?

- Music therapy:**
- Enhances quality of life
  - Facilitates rehabilitation
  - Reduces stress or isolation
  - Encourages collaboration
  - Creates inclusive communities

- 🎵 Provides **children with special needs** the opportunity to develop skills in a motivating and uplifting environment
- 🎵 Supports **adults with disabilities** using music for self-expression, socialization and communication
- 🎵 Invites **older adults** to actively participate and share in meaningful verbal and non-verbal musical interactions



## PROGRAMS

**Enhancing life's phases and stages through the power of music**

### **Early Childhood Services**

Individual or group support for young children as part of an Early Intervention Program, or in *Sprouting Melodies*<sup>®</sup>, our integrated early childhood music groups

### **Children and Adults with Disabilities**

Within individual or group music therapy, participants engage in supported music making to improve skills, support social development and build bonds within peer groups

### **Music Therapy for Seniors & Hospice**

In day programs, hospice or eldercare living communities, music therapy for older adults offers benefits including movement, socialization and comfort focused on enhancing the well-being of the participants

### **Intergenerational Music Therapy**

Intergenerational music therapy brings young and old together, using music as a bridge to encourage socialization, enable expression, and provide opportunities for growth

### **In-Services and Presentations**

Lively and informative sessions or programs tailored to the needs of your group, agency or facility, which can be used for team-building, education, outreach and wellness

### **Universal and Promotive Music Therapy**

Music making experiences and events that focus on community, participation and engagement to promote skill building, health, well-being and quality of life.

*See our website or contact us for additional program information.*



[info@RomanMusicTherapy.com](mailto:info@RomanMusicTherapy.com)  
[www.RomanMusicTherapy.com](http://www.RomanMusicTherapy.com)

**333 North Ave., Wakefield, MA 01880**