



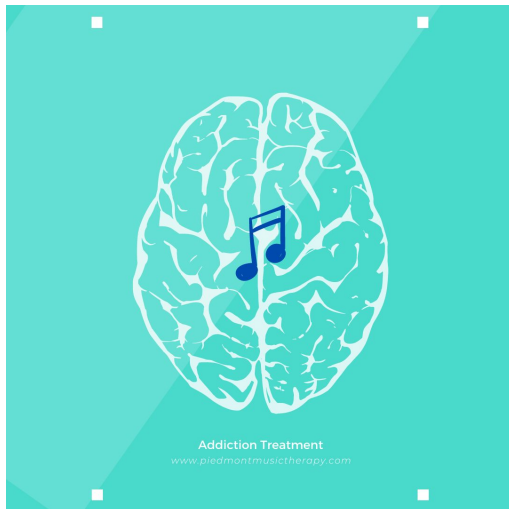
# m|t Frequently Asked Questions: Substance Use Disorders

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## What is Music Therapy?

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](#))

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## Therapeutic Outcomes

When treatment is recommended, goal areas may address:

- Improving mood
  - Increasing healthy outlet
  - Promoting connectedness
  - Improving decision making
  - Elevating motivation
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## Research

Promoting emotional regulation through music therapy treatment ([Baker, Gleadhill, Dingle 2007](#)).

Music therapy may assist clients with chemical dependency by increasing their sense of relaxation (Silverman, 2003).

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## Intake & Assessment Process

Completion of an [Intake Form](#) starts the process for individual treatment. A comprehensive music therapy assessment will be conducted to evaluate musical and non-musical skills. Pending evaluation results, clients may receive sessions once or twice per week for 30 to 60 minutes in length.

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**Service Options:** Individual and Group Music Therapy Treatment

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## CONTACT

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