

# | m | t Frequently Asked Questions: Young Children



**Service Options:** Music Therapy, Classes & Summer Camps

## 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](#))

## Therapeutic Outcomes

When treatment is recommended, goal areas may address:

- Communication
- Pre-Academic / Cognitive
- Motor
- Social and Emotional

## Children with Special Needs

Our staff of board certified music therapists have training to work with young children with varying diagnoses and conditions such as Down syndrome, autism, intellectual disabilities and physical disabilities. Research states that “music therapy and music enrichment shows that music can have a positive effect on attention and improved literacy and mathematics.” (*Geist & Geist, 2012*)

## 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 or 45 minutes in length.

## CONTACT

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