



# m|t Frequently Asked Questions: Mental Health

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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 coping skills
  - Promoting self-expression
  - Reducing muscle tension
  - Supporting self-esteem
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## Research

Music therapy can be a beneficial treatment for adults with Posttraumatic Stress Disorder by improving mood & range of emotions ([Landis-Shack, Heinz & Bonn-Miller, 2017](#)).

Music therapy can provide short-term effects for clients with depression ([Aalbers, Fusar-Poli, Freeman, Spreen, Ket, Vink, Maratos, Crawford, Chen, Gold, 2017](#)).

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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 for a child or adult's mental health needs. 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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