



# New Jersey School of Music

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## Music Therapy Sessions for All Ages

- Choose from 30 minutes (\$27.50), 45 minutes (\$41.25), and 60 minute (\$53) sessions
- Led by a Board-Certified Music Therapist
- Insurance Reimbursement Assistance Available
- Trial Sessions offered (\$30 per 1/2 hour session)

### **Examples of common music therapy interventions are listed below:**

- Therapeutic music games addressing impulse control, socialization and cognitive stimulation
- Modified music lessons or learning musical concepts using non-traditional approaches
- Simple songwriting/lyric substitution to promote verbalizations/purposeful verbal skills
- Lyric analysis (usually for teenage/adult clients)
- Music assisted relaxation (usually for teenage/adult clients)
- Reminiscence through music (usually for adult clients)
- Singing or instrument playing as a means of aesthetic experience
- Songs focusing on a specific letter or speech sound for those with speech delay/difficulty
- Use of visuals to cue the correct instrument or singing part at the correct time
- Taking turns singing alternating song verses to promote socialization and shared experience
- Songwriting with lyrics incorporating difficult academic concepts (usually to a familiar tune to help with memorizing the academic concept)
- Songs requiring the client to listen to which type of instrument, volume level, or speed to play at which time (thus promoting focus and attention skills)
- Songs incorporating movement of body or instruments to promote attention and focus (often times client is asked to take a turn to choose the movement to promote socialization)
- Use of visual schedule to promote structure and focus as to what is coming next
- Use of “hello” and “goodbye” song to promote structure and familiarity as to when session is beginning/ending
- Incorporation of potential communication device into the music to promote choice making/reward for communicating (for non-verbal clients)