

Sound Connections Music Therapy



*... empowering people
through music*

Annapolis Valley

(902) 692-1662

www.soundconnectionsmt.ca

Sound Connections Music Therapy offers music therapy services throughout the Annapolis Valley. Specialized programs are developed to promote physical and emotional wellness and to address the unique needs of individuals and groups living with a variety of challenges.

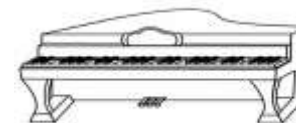
Music Therapy assists a wide range of clients who live with challenges related to brain injury, chronic and acute pain, mental health issues, trauma, learning or developmental delays, dementia, life threatening illnesses, addictions, aging in long-term care, autism, and at risk behaviour.

A *music therapist* can provide cognitive connections with a focus on maintaining wellness by reducing stress and by providing assistance in coping with difficult life transitions. Our services include both group and individual programs.



Where does a Music Therapist Work?

With the use of clinical programming, several services can be offered in assessment, evaluation and research. Music Therapists work with verbal or nonverbal clients in a creative way to develop a therapeutic relationship. Some methods include listening, imagery, rhythmic movement, song writing, playing instruments, singing and improvisation.



We provide services in:

- Medical Hospitals
- Rehabilitation Facilities
- Residences for people with disabilities
- Centres for Seniors
- Hospice/Palliative Care Programs
- Correctional Facilities
- Schools
- Psychiatric Hospitals
- Outpatient Clinics
- Daycare Treatment Centres
- Private practice/consultation



Music Therapy Associations:

Canadian Association for Music Therapy

www.musictherapy.ca

Atlantic Association for Music Therapy

www.atlanticmusictherapy.ca

Music Therapy World

www.musictherapyworld.com

The American Association of Music Therapy

www.musictherapy.org

Resources:

Canadian Music Therapy Trust Fund

www.musictherapytrust.ca

The Nordic Journal of Music Therapy

www.njmt.no/

Laurier Centre for Music Therapy Research

(LCMTR) www.soundeffects.wlu.ca

Voices (A World Forum for Music Therapy)

www.voices.no

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Common Questions About Music Therapy . . .

What is a typical music therapy session like?

Music therapists serve a wide variety of people with many different types of needs, so each session is unique to each client. The treatment plan is based on music selected by the client. Individual sessions range from 30 minutes to 1 hour.

Who can benefit from music therapy?

All ages of people, from infants to elderly benefit from Music Therapy. This specialized therapy assists people with a wide spectrum of challenges at any stage of life.

Is Music Therapy just for individuals?

The benefits reach groups as well as individuals. Stress in the workplace, team building, and group social skills are a very important part of our service.

Do I have to know how to play an instrument?

No knowledge or past experience is required by the client. A Music Therapist meets the individual through music in many forms.

What is a Music Therapist?



Music Therapy is the skillful use of music and musical elements by an accredited Music Therapist to promote, restore, and maintain mental, physical, emotional and spiritual health. Music therapists seek to promote wellness for all persons. Music has non-verbal, creative, structural and emotive qualities. These elements are used in the therapeutic relationship to facilitate contact, interaction, self-awareness, learning, self-expression, communication and self-development.

(Canadian Association of Music Therapy 1994)

