

Who Can Benefit from Music Therapy?

Individuals of all ages can benefit from music therapy. Interventions can be designed to promote wellness, manage stress, alleviate pain, express feelings, enhance memory, improve communication, and promote physical rehabilitation.

Music Therapy helps people with:

- Autism spectrum disorders
- Mental retardation
- Mental health needs
- Traumatic brain injury
- Developmental disabilities
- Neurological impairments
- Physical impairments
- Chronic/terminal illness
- Alzheimer's disease
- Down syndrome
- Chemical dependency
- Sensory impairment
- Relaxation/pain management issues



Music Therapy



A Sound Method
of Treatment

For more information or to refer someone who would benefit from our services, please contact us at:

4601 Locust Lane, Ste 202, Harrisburg, PA 17109
Ph: 1.800.310.7776 • 717.526.2111

www.living-unlimitedinc.com



Success is on the Horizon



The Sweet Sounds of Success

Below are two testimonials from those who have witnessed the benefits associated with music therapy treatment:

Music therapy motivates my son, more than any other therapy he receives. Because he's having fun with his therapist during his sessions, my son doesn't realize he's working hard and receiving doses of physical, occupational and speech therapy. In addition to improving his skills in many areas, he's also gaining confidence. What a brilliant concept music therapy is!

-Mother of a Client

I've witnessed tremendous growth in one of my students who receives music therapy. He's coming out of his shell, little by little. After each session with his music therapist, I notice his comfort level, verbal and emotional expressions increase. In addition, his negative behaviors have decreased. I support music therapy and believe it's a beneficial tool for students who need to improve social/communication skills.

-Life Skills Support Teacher

What is Music Therapy?

According to the American Music Therapy Association (AMTA), "Music therapy is an established healthcare profession that uses music to address physical, emotional, cognitive, and social needs of individuals of all ages. Music therapy improves the quality of life for persons who are well and meets the needs of children and adults with disabilities or illness."

Our Program

To achieve the goals of each individual enrolled in the program, our music therapists use a variety of interventions such as:

- songwriting,
- lyric analysis,
- movement to music,
- vocal and instrumental improvisation,
- and relaxation.

We offer structured, goal-centered therapy sessions that combine these interventions, along with others, to appropriately help each individual. Because music therapy is a powerful, non-invasive medium, unique outcomes are possible.

Session Settings

Living Unlimited provides music therapy in a variety of locations, including:

- Our treatment center
- Schools and child care centers
- Supported living environments
- Private homes
- Other community organizations

Our Music Therapists

All of our music therapists are clinically trained to enhance areas of functioning needed to promote positive change. Each is certified by the Certification Board for Music Therapists, hold a bachelor's degree from an approved music therapy program and have completed a closely supervised internship. In addition, all therapists must adhere to a recognized code of professional ethics and standards of practice.

Living Unlimited music therapists are accomplished in piano, voice and guitar in a wide range of musical styles. They are knowledgeable in song composition, music theory, improvisation, and music therapy research methods. Additionally, they are trained in assessment, treatment-planning, psychology and evaluation, thus ensuring that each therapist is familiar with major theories and models of therapy to meet the unique needs of diverse individuals receiving our services.

