

Music Therapy

Proven, therapeutic techniques for achieving person-centered results

Lifeworks Music Therapy can help you reach your goals through a customized plan that focuses on your interests and skills. Our board-certified music therapists use cutting-edge techniques to work on abilities that foster independence – while improving health and wellness.

LIFEWORKS MUSIC THERAPY CAN HELP ADDRESS:

- Anxiety
- Brain injuries
- Challenges with fine and gross motor skills
- Communication impairments
- Coping skills
- Emotion regulation
- Sensory processing
- Lack of focus and concentration

COMPONENTS OF LIFEWORKS MUSIC THERAPY:

- Choirs, bands, and other performances
- Music and movement
- Music listening
- Playing instruments
- Singing
- Multi-sensory environments
- Creative activities based on participant's interests and skills

Goals and objectives are individually determined and continuously assessed. Communication devices, assistive technology, and sensory tools can be incorporated into music therapy sessions.

LIFEWORKS MUSIC THERAPY LOCATIONS:

- Lifeworks Apple Valley
- Lifeworks Brooklyn Park
- Lifeworks Eagan

Music Therapy is available for children and adults in group and one-on-one settings.



**WANT TO
LEARN MORE ?**

**GET STARTED WITH
LIFEWORKS MUSIC THERAPY:**

651-365-3773
lifeworks.org/music-therapy

ABOUT LIFEWORKS

Since 1965 Lifeworks Services Inc. has been a pioneer for inclusion. Lifeworks was founded by families who recognized the importance of advocacy and removing barriers for people with disabilities in the community. Through Fiscal Support, Employment, and Day Services – as well as through partnerships with over 400 businesses – Lifeworks provides support to more than 2,700 Minnesotans with disabilities and their families.