

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

How does Lifeworks Music Therapy measure progress?

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

Payment options:

Lifeworks accepts Consumer Directed Community Support (CDCS), Consumer Support Grant (CSG), Independent Living Skills (ILS) Therapies, and private pay as options to cover the cost of Music Therapy.

Have questions?

Let us help. Our knowledgeable staff are here for you.

All you need to do is give us a call: **651-454-2732**

or email us at: lifeworksreferrals@lifeworks.org



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