

HOW IT WORKS: **MUSIC THERAPY**

Wondering how you can get started with Lifeworks Music Therapy?

Read our overview below and if you have any questions, please do not hesitate to contact us: **651-454-2732** | lifeworksreferrals@lifeworks.org



Contact Lifeworks.

The process begins with you reaching out to our team: 651-454-2732 or lifeworksreferrals@lifeworks.org. They will learn more about what you are looking for, provide an overview of our service, and connect with our Music Therapists to determine availability.



Meet with a Music Therapist for a free assessment.

A Lifeworks Music Therapist will contact you to schedule a free, 30-minute assessment where we will learn more about you, understand your goals, and make sure the service is a good fit.



Complete paperwork.

Paperwork needed to begin Music Therapy will be sent to you; it will include items such as payment methods, privacy policies, and more. This paperwork will need to be completed by you and sent back to Lifeworks prior to starting services.



Start Music Therapy.

Once your paperwork is received by Lifeworks and your funding is secure, we can get started! A Lifeworks Music Therapist will contact you to schedule the first session and figure out a regular meeting time that works for you.



You're Set.

Lifeworks Music Therapists will continue to assess progress towards meeting your goals.

Learn more and schedule your complimentary assessment:

651-454-2732 |
lifeworksreferrals@lifeworks.org

Lifeworks is a 501(c)(3) nonprofit and an Equal Opportunity Employer. This information can be provided in an alternate format upon request.

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