MUSIC THERAPY
Frequently Asked Questions

Below are responses to common questions Lifeworks receives about Music Therapy. Should you have any additional questions, please do not hesitate to reach out to us: **651-454-2732** | **lifeworksreferrals@lifeworks.org**

What is Music Therapy?
Music Therapy is a proven and cutting-edge method for helping people further develop their sensory, social, emotional, cognitive abilities, and motor skills.

Where is Lifeworks Music Therapy offered?
Individual Music Therapy sessions are offered virtually so anywhere within Minnesota provided the participant has an internet connection and a computer with video and audio capabilities.

What does Music Therapy look like?
Music Therapy looks different for each person — especially now that we provide this service virtually! Guided by board-certified therapists, some people may write songs to process emotions while others may play instruments to improve concentration or sing to increase lung function. The possibilities are limitless for what Music Therapy can look like on any given day.

Who can benefit from Music Therapy?
Anyone! Music Therapy can be tailored to meet each person's needs and interests.

How do you know Music Therapy works?
Music Therapy is a scientifically-backed approach. We measure each person's growth using the objectives identified during our first meeting. We work with participants, families, and support staff to learn what the person served wants to achieve. Then, we track and assess progress after each session as well as complete a formal review quarterly.

How can people pay for this service?
Consumer Directed Community Supports and Consumer Support Grant can be used to cover the cost for Music Therapy. Lifeworks also accepts private pay. The cost is $75.00 per hour or $37.50 per 30 minutes and payments can be made online through Lifeworks website.