

## ♪ *MusiCare Music Therapy Services* ♪

### **What is Music Therapy?**

Music therapy is the clinical use of music to improve a person's quality of life. Because music therapy does not rely on language, it can be an effective form of therapy for persons who are non-verbal or who struggle with expressing themselves verbally.

Music therapy involves active participation and decision-making on the part of the client, as they are given the opportunity to sing, play instruments, move, listen, compose and improvise music. By being involved in the music-making process, the client can experience positive and self-esteem building experiences in music therapy. Music Therapy can benefit people with a variety of strengths and challenges, regardless of age, disability or musical skills.

### **What does a Music Therapist DO?**

Initially, a music therapist will complete a music therapy assessment, assessing such areas as self-confidence, self-expression, decision-making skills, ability to interact with others, listening and turn-taking skills, and instrumental and vocal participation.

From this assessment, music therapy goals are established for each client. The activities and music therapy techniques used in sessions are chosen based on the individual's or group's strengths and needs.

Client progress is documented through the use of session notes and progress reports.

## **What Happens in a Music Therapy Session?**

There are several different philosophies and approaches in music therapy. **MusiCare's** approach is based on improvisational music therapy, which means that much of the music in sessions is created **in** the sessions, often based on what the client is singing or playing, and working towards a musical connection between client and therapist. Clients are encouraged to express themselves creatively, regardless of their musical abilities. However, much of the work done, particularly in group sessions is **structured improvisational activities**. Some examples of these are:

- rhythmic imitation activities
- group instrumental playing, including listening to others
- creative movement to music
- group discussions and songwriting
- singing familiar songs, as well as improvising with different vocal sounds and syllables.

**MusiCare** provides all of the instruments used in sessions, and clients have the opportunity to play instruments such as various drums, cymbal, tambourine, bells, shakers, rainstick, ocean drum and recorder.

In individual sessions with certain clients, learning of musical skills such as piano or guitar are used to increase self-confidence, memory skills and hand – eye co-ordination.

Some individual sessions focus on relaxation for the client, and musical improvisations are played accordingly.

These are just a few examples of some music therapy activities and techniques used in sessions. **MusiCare's** philosophy is to be flexible and constantly aware of the client's music, needs and potential.

## **Who is the Music Therapist for MusiCare?**

Katie Hampton became the music therapist for MusiCare in June, 2001. She graduated from Wilfrid Laurier University with an Honours Bachelor of Music Therapy in 1999. She completed her clinical hours for her music therapy internship by developing and implementing music therapy programs in two different facilities for adolescents with emotional and behavioural challenges. Katie became accredited with the Canadian Association of Music Therapy in 2005.

Before doing music therapy full-time, Katie was a support staff for K-W Habilitation, as well as the program manager for a 9 bed residential treatment facility for adolescent males.

Currently, **MusiCare** works with a wide range of clients and facilities, including long term care facilities, adults with varying physical and cognitive challenges, children with autism and young adults with developmental delays.

## **How to Get in Contact with MusiCare**

To reach Katie Hampton, please call: **519-742-9988**.

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