

MUSIC THERAPY AT SOUND EXPRESSION

EXPRESSION
SOUND

We build capacity in our clients and assist them to achieve their goals. We focus on linking the parts of therapy that can be integrated into daily life to increase the transfer of skills in a practical and lasting way.

So even if you attend therapy for a short period, you can still take away strategies and experiences that can make a difference in your life.

INTEGRATED SUPPORT

Improving your outcomes by collaborating with your support systems:

- Occupational, Speech and Physiotherapists, Psychologists
- Behaviour Support Practitioners
 - Teachers and Educators
- Support Coordinators and Support Workers

SKILLS TRANSFER

Skills and strategies learnt in music therapy aim to improve your everyday life:

- Building capacity to improve your daily living skills
- Improving relationships with your family, friends and community
- Upskilling your support systems (through developing resources and practical skills)

RESOURCES

Developing person-specific resources to increase the benefits of your music therapy and assist with skills transfer:

- Practical resources – apps, activities, songs, books and social stories
- Instructional video/audio for extension work at home
- Personalised playlists for bedtime, relaxation, and other transition periods
- Podcasts and online informational resources
- Community groups, health practitioners, music teachers

HOW MUSIC THERAPY ASSISTS

MUSIC IN EVERYDAY LIFE

Identifying areas where engaging with music can have a positive impact:

- Support to incorporate music more effectively into your everyday life
- Connecting you with music groups or music lessons in your community
- Recommendations for instruments and resources
- Tips and pointers for the healthy use of music in everyday life

ACHIEVING GOALS

Looking at your bigger picture aspirations for your health and wellbeing and breaking them down into smaller achievable steps:

- Capacity building
- Physical, cognitive, emotional, communication and social development
- Regulation skills and sensory integration
- Creative expression