

MUSIC THERAPY INTRODUCTION

with Ginna Macdonald, Certified Music Therapist at Portsmouth Music and Arts Center

MUSIC THERAPY PROGRAM DESCRIPTION

Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program. Music therapy interventions can be designed to:

- promote wellness
- manage stress
- alleviate pain
- express feelings
- enhance memory
- improve communication
- promote physical rehabilitation
- increase social interaction



Research in music therapy supports its effectiveness in a wide variety of healthcare and educational settings- From American Music Therapy Association website www.musictherapy.org

Our brains are wired for music. Music Therapy takes advantage of this phenomenon to help individuals attain and maintain their maximum level of functioning through the process of making music. Through a comprehensive intake assessment, goals and objectives are designed to help meet the unique needs of each client. Clients are actively engaged in a therapeutic arts process that may include: songwriting, improvisation, singing/instrumental playing, and active listening.

One to one sessions are designed to help people with a variety of challenges with individual goals. For school children this may be support for goals on their IEP, or goals that parents have for their child. Adapted music lessons using color coding and visual supports for special learners may be appropriate. Children, adolescents and adults can be helped to meet their goals through the use of movement, singing, and simple percussion improvisation, enabling the music therapist in a person-centered developmental growth approach. An assessment will be conducted in the first few weeks of music therapy and an assessment with recommended goals and objectives will be provided and discussed with the parent/ caregiver. At the end of each semester a detailed progress report will be provided.

Meeting for a group music therapy session allows participants to work on group skills such as communication, social skills, and self-expression. In many instances, a sense of community within the group is established, as group members learn and practice new skills.

SEE OPPOSITE SIDE FOR MORE INFORMATION ABOUT PMAC'S MUSIC THERAPY PROGRAM!



*Portsmouth Music and Arts Center is 501(c)(3) nonprofit community music and arts school serving the seacoast. We are located at 75 Albany Street, Portsmouth, NH 03801.
www.pmaonline.org*

ABOUT OUR MUSIC THERAPIST

GINNA MACDONALD, MA, MT-BC is a board certified music therapist who earned her master's degree in music therapy from Lesley University. As part of her training Ginna completed two nine-month internships working with adults with thought disorders such as schizophrenia living in a residential facility, and in a school system working with children with pervasive developmental delays and autism. Upon graduation, she developed a music therapy program at the Birchtree Center, a school for children with autism.

SCHEDULE AND RATES

Music therapy is offered on-site at the Portsmouth Music and Arts Center, 75 Albany Street, Portsmouth, NH, 03801, or can be provided in your home.

| MUSIC THERAPY SESSION AVAILABILITY | |
|---|-----------|
| MONDAY | 9am - 3pm |
| TUESDAY | 9am - 7pm |
| WEDNESDAY | 9am - 3pm |
| THURSDAY | 9am - 3pm |
| FRIDAY | 9am - 3pm |
| <i>Subject to Availability. Please contact Ginna at ginna@pmaonline.org for more information</i> | |

| MUSIC THERAPY RATES <i>(based on 18-week semester)</i> | |
|--|------------------------------|
| 30-minute Sessions | \$654/\$618 with PMAC Card |
| 45-minute Sessions | \$881/\$845 with PMAC Card |
| 60-minute Sessions | \$1089/\$1053 with PMAC Card |
| <i>This is for Individual Sessions. Group Rates are available and dependent on population, on-site or off-site location and number of participants. Payment Plans are available. The PMAC Card Rate is available with the purchase of a PMAC Annual Discount Card (\$40 per individual & \$75 per family). Contact Katie at 431-4278 or at katie@pmaonline.org for more information about prices & billing.</i> | |

FOR MORE INFORMATION

For more information about the details of Portsmouth Music and Arts Center's Music Therapy Program, please contact Ginna at 603-431-4278 or e-mail her at ginna@pmaonline.org. Ginna will be happy to answer any of your questions and arrange a consultation to design a program that best fits your needs.

Do you already belong to a group that would benefit from Music Therapy? Call us at 603- 431-4278 or email ginna@pmaonline.org to arrange a consultation. Groups can be held on your site or at PMAC.

TO ENROLL

Please complete the following Student Registration Form and return to PMAC, 75 Albany Street, Portsmouth, NH 03801 with a \$50 deposit. You may also register online at www.pmaonline.org or call us at 603-431-4278.



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MUSIC THERAPY REGISTRATION FORM

Name: _____

Parent's Name: _____

Address: _____

E-mail Address: _____

Phone Number: _____ Student's Birthdate: _____

_____ INTERESTED IN INDIVIDUAL SESSIONS

_____ INTERESTED IN GROUP SESSIONS

_____ INTERESTED IN ON-SITE SESSIONS at PMAC

_____ INTERESTED IN OFF-SITE SESSIONS. Please state location below:

Please include a \$50 Deposit with this registration form and mail directly to PMAC, 75 Albany Street, Portsmouth, NH 03801. To charge deposit via credit card, please complete the following:

Credit Card # _____

Name: _____ Exp Date: _____ CVC Code: _____

Ginna Macdonald, PMAC's Certified Music Therapist, will reach out to you directly after this Registration Form has been received to schedule your Consultation and Music Therapy Sessions.

**YOU MAY ALSO REGISTER BY CALLING PMAC AT
603-431-4278 OR ONLINE AT www.pmaconline.org.**