

The background of the entire page is a photograph of a woman with dark hair and bangs, smiling and singing. She is wearing a white patterned scarf and a dark top. Her hands are positioned over a piano keyboard. The image is overlaid with a semi-transparent teal color. In the background, a guitar and a drum are also visible.

individual  
music  
therapy

## What is Individual Music Therapy?

Individual Music Therapy is a one-on-one session with a Registered Music Therapist who uses a variety of music based strategies in an evidence based therapeutic framework to achieve goals.

Therapists work with participants using live interactive music to address a wide range of goals. We often hear participants express how much fun they have, music helps us motivate and achieve outcomes without participants realising how hard they are working.

No two weekly music therapy sessions look the same, although there might be common themes. A session might include various strategies including singing, playing instruments, dance, song writing and recording, performing and listening or talking about music.

## Who is Individual Music Therapy for?

Everyone, regardless of musical skill and ability. We have an exceptional record of delivering against goals, with participants with a range of additional needs, including:

- Physical and intellectual disabilities
- Early Intervention needs
- Mental health conditions
- Speech and language disorders
- Autism Spectrum Disorder
- Emotional and behavioural difficulties
- Dementia and aging
- Family relationship difficulties
- Stroke and brain injury rehabilitation

## How will Music Therapy help me reach my goals?

We work with you to understand your goals and turn them into a therapy plan which lets us develop a program individual to you.

We can work with a wide range of goals including:

- Participation
- Active engagement
- Communication
- Vocalising
- Fine and gross motor skills
- Understanding and expressing feelings and emotions
- Social skills
- Cognitive abilities

## Fees

Individual Music Therapy starts at \$112.51 per session and is NDIS funded under 'Capacity Building - Improved Daily Living'. If you don't have NDIS, that's OK too.

## How can I access Music Therapy?

1. Call us on **(02) 4736 0240** or email at **info@noro.org.au**
2. We will arrange for a consult with one of our Registered Music Therapists to understand you and your goals
3. We will prepare a service agreement for you to sign and return
4. We will confirm a weekly appointment with a Registered Music Therapists at one of our clinic locations
5. We will work with you to meet or exceed your goals, making it as enjoyable as possible.

