

WHAT IS MUSIC THERAPY?

Music Therapy uses the power of music in a focused way to accomplish growth, learning, healing and change. Programs created by certified music therapists are designed to provide opportunities for social interactions, to help people express feelings, to promote physical rehabilitation, to positively affect moods and emotional states, and to alleviate pain and stress. It can augment and accelerate the work of other standard therapies by serving as a catalyst for change, affecting every level of functioning simultaneously and stimulating pathways to learning. Music therapy can make a profound difference in the lives of individuals with a wide variety of special needs or illnesses.

WHO CAN BENEFIT FROM MUSIC

Music therapy has been recognized in this country for over 50 years as an effective treatment modality for people of all ages with:

- Attention Deficit Disorder
- Autism
- Alzheimer's
- Cerebral Palsy
- Developmental disabilities
- Down's/Fragile X/Rett's Syndromes
- Emotional disabilities
- Head injuries
- Learning disabilities
- Neurological impairments
- Parkinson's
- Physical/multiple disabilities
- Pre-natal crack/cocaine addiction
- Psychiatric disorders
- Speech delays/impairments
- Substance abuse
- Terminal illnesses
- Williams Syndrome

WHAT PROGRAMS ARE OFFERED?

The Music Therapy Institute is the largest provider of professional music therapy services in the greater Westchester region, working individually and in small groups with over 2,000 children and adults each year. The Institute provides services onsite at the Music Conservatory as well as throughout the county through the Institute's Outreach program.

ONSITE MUSIC THERAPY PROGRAM

Individual and group music therapy for children and adults is offered at the Conservatory. When appropriate, adapted instruction is taught by music therapists in piano, percussion, guitar and voice. The Institute Director will provide an initial interview at no cost. Limited financial aid is available.

For information, contact Dr. Tina Brescia, MT-BC, LCAT Director of Onsite Services:
(914) 761-3900, ext. 134
tina@musiced.org

OUTREACH PARTNERSHIP PROGRAM

The Institute's Outreach program provides individual and group music therapy to children and adults in special education settings, public schools, hospitals, nursing homes, community agencies, residential treatment facilities, rehabilitation centers, group homes and social service programs. The Institute Director collaborates with each partnering agency to create a custom-designed program. Content, group size and project duration are planned according to age and disability. In addition to direct clinical service, therapists provide consultation and professional development to school district music educators working with students with special needs.

For information, contact Lisa Sandagata, MA, MT-BC, Director of Outreach Services:
(914) 761-3900, ext. 138
lisa@musiced.org



PROGRAM DIRECTORS AND FACULTY

Both **Dr. Tina Brescia**, MT-BC, LCAT, Director of Onsite Services, and **Lisa Sandagata**, MA, MT-BC, Director of Outreach Services, bring more than 20 years of experience to their roles as the Music Therapy Institute's program directors. Their mission is to work closely with parents, caregivers, guardians and teachers to implement effective, individualized music therapy programs.

Faculty: Our board-certified music therapists hold master's or doctoral degrees in music therapy and are professional members of the American Music Therapy Association. They each bring extensive experience to the onsite and outreach programs.



WHAT CAN MUSIC THERAPY ACCOMPLISH?

The music therapy process engages all aspects of an individual through interactive music making between therapist and client. The music captures and helps to maintain the clients attention allowing opportunities to address specific areas of need such as communication skills, social skills, emotional expression and physical development. Music provides concrete, multi-sensory stimulation (audio, visual and tactile) that helps to organize sensory systems including fine and gross motor coordination and auditory processing. The versatile nature of music allows for a wide range of possibilities and uses in therapy, from calming and stress release to stimulation and motivation for change.

Caring and experienced music therapists work with clients individually or in small groups. Therapists use a variety of music techniques including instrumental and vocal improvisation, singing, songwriting, and listening/moving to music. Clients are guided through a process of physical, cognitive, social and emotional development while participating in a stimulating musical experience.

Treatment goals include:

- Increasing expressive and receptive language
- Increasing attention span and short/long- term memory
- Improving cognitive mastery and organizational skills
- Improving fine/gross motor skills
- Improving sensory integration
- Improving impulse control/reducing hyperactivity
- Increasing frustration tolerance
- Increasing range and modulation of expression
- Improving communication and social skills
- Increasing self-esteem
- Enhancing a sense of community
- Increasing music skills
- Providing an opportunity for spontaneous play

MUSIC CONSERVATORY OF WESTCHESTER BOARD OF TRUSTEES

Rodd Berro, *President*
Robert Heath, *Chairman*

Mayo Bartlett	Nancy Goodman
Gary Bashian	Bharti Gupta
Dr. Caroline G. Bauman	Hyun Heffner
Mary Lynn Bianco	Clayton J. Heydorn
John Bottomley	Jonathan Kantor
Siew Leng Chuah	Alan E. Katz
Thomas A. Cratty	Laurence Keiser
Lisa Deutsch	Cathy Pinsky
George Drapeau	Georgia Pollak
Terry J. Feldman	Jon Pundyk
Anthony Gallinari	Larry Slattery

Jean Newton, *Executive Director*

The Music Therapy Institute receives support from the following foundations, corporations and government agencies:

ArtsWestchester, ASCAP Foundation, The Thomas and Agnes Carvel Foundation, Connies's Bakery – Foundation Sweet Success, CVS Caremark, Charles A. Frueauff Foundation, The Hearst Foundations, Hudson Valley DDSO, Jewish Communal Fund, Marclad Foundation, The Virginia and Leonard Marx Foundation, MOCA Foundation, New York State Council of the Arts, Sarita Kenedy East Foundation, NYS Senator Suzi Oppenheimer, St. Faith's House Foundation, Westchester Community Foundation, Westchester County Legislators



Est. 1986

Co-Directors
Dr. Tina Brescia, MT-BC, LCAT
Lisa Sandagata, MA, MT-BC

216 Central Avenue
White Plains, NY 10606
(914) 761-3900
www.MusicConservatory.org