

Who can benefit from Music Therapy?

Music Therapy at Crisalida supports children and adolescents aged 2 to 18 years.

Some people enjoy and respond more positively to music than other forms of therapy - they may find Music Therapy a great avenue to support and achieve their well-being goals.

Private paying + NDIS Supported Participants welcome.

At Crisalida, Music Therapy is facilitated by Registered Music Therapist - Nick Murray. An RMT is someone who is trained in the therapeutic use of music.

To find out more about Nick or contact Crisalida, use this QR Code:



Nick Murray

www.crisalida.com.au

Individual and Group Sessions available

Mon - Wed - Thurs



For more information or to book a session, use the QR Code above or contact Crisalida at admin@crisalida.com.au or (03) 9484 6299.

MUSIC THERAPY Available Now

Crisalida

678 High St, Thornbury

Ages 2-18 years



"You can't use up **CREATIVITY** - the more you use, the more you have."

Maya Angelou



What is Music Therapy?

- Evidence-based allied health profession
- Uses music to support health, functioning, and well-being
- Fun and motivating therapy

Music Therapy supports all developmental areas:

- regulation
- speech and communication
- motor skills
- social connection
- mental well-being

What happens in sessions?

Sessions can include:

Instrument play - we can use piano, guitar, percussion, digital instruments (and many more!) to practice motor skills, expand creativity, and support regulation and sensory integration.

Singing - singing our favourite songs supports our breathing and speech production, confidence and self-expression, releasing dopamine that increases relaxation.

Songwriting - we can express our thoughts and feelings using words and music - we can develop ways to support our regulation and process emotions in healthy ways

Music Games - whether it's Follow the Leader, Musical Statues, or Move Like This Music Animal - there are many ways to incorporate music into games and ensure sessions stay engaging and relevant!

improvisation - using instruments and voices to practice communicating non-verbally - with gestures, facial affect, and body movements - extending attention and imitation.

Music and Movement - getting up and moving to songs supports gross motor, body awareness, and sensorimotor synchronisation.