

Music Therapy

and Mental Health

What is CNNH?

CNNH is an innovative and integrative neurohealth organization that provides diagnostic and treatment services for children, adolescents and adults with neurological, neuropsychological, neuropsychiatric, behavioral, developmental and learning concerns.

What is Music Therapy?

Music Therapy is the clinical and evidenced-based use of music interventions to accomplish personalized goals for individuals within a therapeutic relationship by a board certified music therapist.

For more information please contact:

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Music therapy provides specifically tailored opportunities for participants to:

- Explore personal feelings and therapeutic issues such as self-esteem or personal insight
- Make positive changes in mood and emotional states
- Enhance awareness of self, others and environment
- Express oneself both verbally and non-verbally
- Develop coping and relaxation skills
- Support healthy feelings, thoughts and relationships
- Improve reality testing and problem solving skills
- Foster social interaction
- Develop independence and decision making skills
- Improve concentration and attention span
- Adopt positive forms of behavior
- Resolve conflicts leading to stronger family and peer relationships

A Typical Session:

- May last 45-60 minutes
- Utilizes music experiences that are highly tailored to the participant's individual interests, strengths, and needs

Individual Sessions:

- May be necessary to address specific needs that are not conducive to group therapy

Group Sessions:

- May be necessary to guide multiple individuals through positive interaction and experiences with others of similar needs

Musical experiences may include music improvisation, music listening, lyric analysis, music and imagery, music performance, adapted music lesson, songwriting and recording, music for relaxation and more! Treatment is based on individual assessment, treatment planning, and ongoing program evaluation.

No musical experience or skill is necessary to participate in music therapy.

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