

# Music Therapy

## for Neurologic Disabilities

### 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 to develop:

- Language comprehension and functioning
- Appropriate social interaction
- Academic and cognitive functioning
- Motor and sensory integration
- Creativity and self-expression
- Appropriate coping mechanisms
- Emotional awareness and processing
- Attention and focus

### A Typical Session:

- May last 30-60 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 musical improvisation, lyric analysis, music and imagery, music performance, adapted music lesson, songwriting and recording, 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.

www.CNNH.org • 855-852-8150



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**CNNH**  
The Center for Neurological and  
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