

# Music Therapy

## for Young Children

### 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:

- Expressive and receptive communication
- Social interaction, awareness and engagement
- Academic and cognitive functioning
- Motor and sensory integration
- Creativity and self-expression
- Appropriate emotional processing, expression and coping skills

### A Typical Session:

- May last 30-60 minutes
- Is highly tailored to the participant's individual interests, strengths and needs each week

### Individual Sessions-

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

### Group Sessions

- May be necessary to strengthen specific skills
- May be necessary to guide multiple individuals through positive interaction, peer awareness 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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