

SOUNDING BOARD MUSIC THERAPY

ABOUT SOUNDING BOARD MUSIC THERAPY

Based in Melbourne, Sounding Board Music Therapy offers music therapy services to a wide range of clients, from children to adolescents adults and older adults and resources for therapists, teachers, caregivers and parents. We hold NDIS registration and have a team of Registered Music Therapists who can travel to you or see you online.



WHAT IS MUSIC THERAPY?

The Australian Music Therapy Association defines music therapy as "a research-based allied health profession in which music is used to actively support people as they aim to improve their health, functioning and well-being."

HOW CAN MUSIC THERAPY HELP?

- Improves speech, communication and social skills
- Improves emotional expression
- Improves body movement, coordination and physical function
- Improves mental health and wellbeing
- Improves memory, attention and cognitive function
- Improves pain management



WHO BENEFITS FROM MUSIC THERAPY?

Music therapy is often used to address a wide range of conditions that affect mood, thinking, behaviour, communication and movement including:

- Autism
- Attention deficit hyperactivity disorder (ADHD)
- Anxiety
- Cancer
- Depression
- Bipolar disorder
- Schizophrenia
- Post-traumatic stress disorder (PTSD)
- Eating disorders
- Personality disorders
- Physical disabilities
- Dementia
- Stroke
- Spinal cord injury
- Neurodegenerative conditions.

FEES

- NDIS Work (sessions, reports and travel)
 - \$190.00 p/h
- NDIS Groups
 - 2 people \$85/session
 - 3 people \$75/session
 - 4 people \$65/session
 - 5 people \$55/session
 - 6 people \$45/session

See our website, Instagram and YouTube for more information and resources
<https://www.soundingboardmusictherapy.com/>



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