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.





THERAPY HELP?

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."

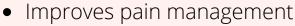
Improves speech, communication and social skills

Improves emotional expression

Improves body movement, coordination and physical function

• Improves mental health and wellbeing

Improves memory, attention and cognitive function





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/



