

Thrive

music therapy

Welcome to Thrive Music Therapy!



My name is Carolyn Thomas, and Thrive Music Therapy is my private music therapy practice. I am a Registered Music Therapist (RMT) in Perth, Western Australia and my registration is through the Australian Music Therapy Association. I have a Bachelor's degree from WAAPA in Contemporary Performance on Voice, and a Master's degree in Music Therapy from the University of Melbourne. I am also a certified Neurologic Music Therapist, meaning that I am trained to use certain standardized techniques to improve neurologic functioning in a variety of disorders and populations. For example, these populations could include stroke recovery, neurodegenerative conditions, brain injury rehab, neurodevelopmental issues and more.

This information sheet aims to inform you about what music therapy is, how it can be helpful and how Thrive operates as a practice. Whether you or your family member is the client in question, we hope this document will answer your questions and help you in your health and wellness journey. If you have further questions after reading this information sheet, please don't hesitate to contact Thrive at the below email address:

carolyn@thrivemusictherapy.com.au

Please note that this flyer is meant for educational purposes only, and cannot guarantee the described effects of music therapy for every client.

Below, you will find answers to some commonly asked questions regarding music therapy , as well as some general information about what you may experience during a music therapy session.

What is music therapy?

According to the Australian Music Therapy Association, "Music therapy is 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. It can help people of all ages to manage their physical and mental health and enhance their quality of life."

Why use a Registered Music Therapist?

Registered Music Therapists (RMTs) are not only skilled and trained musicians, but they have also undergone a 2 year Masters degree in order to learn how to work with a variety of people and clinical populations. This means they have a greater understanding of how to use music in a positive way to work towards particular goals including communication, cognition, motor function, mental health and general health and wellbeing.

How does Thrive deliver sessions?

Thrive offers sessions both in our home studio space in Rossmoyne, or as a mobile service in the client's home or other preferred space. Telehealth sessions are also available for remote clients or those who feel more comfortable online.

Thrive operates from a humanistic and strengths-based approach, aiming to meet client needs and goals in collaboration with the client and their families.

What happens in a music therapy session?

Music therapy is individualised to each client and their particular goals, so no two sessions will look the same, but here are some goal areas and interventions that you may experience in a music therapy session.

Goal areas:

- Communication skills
- Vocalising
- Social skills
- Anxiety reduction
- Stress management
- Trauma recovery
- Joint attention
- Behavioural habits
- Coping methods
- Motor skills
- Increased quality of life and enjoyment
- Neurologic function and rehabilitation

Music therapy interventions:

- Instrument play
 - Piano
 - Guitar
 - Percussion
 - Drums
 - and more.
- Improvisation
- Therapeutic Singing
- Songwriting
- Music and mindfulness/relaxation
- Neurologic Music Therapy Techniques

These goal areas and interventions can be helpful for a wide variety of clients and can be used to meet many different needs. However, these examples are quite broad and cover a range of needs, and in practice, the goals that we set and the interventions we use to meet client goals are far more specific and tailored to the clients needs.

Overall, music therapy can offer a space for creativity, growth and learning that is inclusive of additional needs and that can help people meet their health and wellbeing goals, while also allowing for authentic self-expression and acceptance.

Do you need to be musical to engage in music therapy?

Not at all! All that is necessary is a desire to engage in musical interventions in order to meet your health and wellbeing goals. There is no 'right' and 'wrong' way to play music in music therapy, as all expression is valid and creative. You will likely learn musical skills as we progress through your therapy plan, but no previous experience is required.

How is music therapy different to music lessons or performance programs?

There are many differences between music therapy and music lessons, but the main difference is the aims. In music lessons, the aim is for the participant to learn how to play or sing music and increase musical skills, so the focus is more on the performance of the music. Music therapy uses musical interventions to target non-musical goals, and the aim is increasing health and wellbeing, not performance. You may learn an instrument in your music therapy sessions, but the overarching aim of this is to meet your health and wellbeing goals, not necessarily to improve your musical performance.

We hope this information sheet has answered some of your questions about music therapy. Please don't hesitate to get in touch via email with any further questions or to book in your music therapy assessment session.

We look forward to seeing you thrive.



www.thrivemusictherapy.com.au