

What to Expect

A music therapy session occurs face-to-face either in person or online via telehealth. Music therapists use a range of music therapy methods and approaches, and tailor each session to the needs of the person. A session may include:

- Listening to music played by the music therapist
- Listening to recorded music
- Making music by playing an instrument or singing
- Using or writing lyrics and songs
- Moving your body to music
- Getting resources and activities to do outside of your music therapy session
- Many other music-based activities and interventions that ultimately target a non-musical goal



Am I Musical Enough?

Participants do not need any prior musical experience to be able to engage in or benefit from music therapy!

Registered Music Therapists create personalised programs to suit each individual's needs and goals. This includes taking into consideration the participant's:

- Preferred repertoire
- Strengths and barriers
- Hobbies and interests
- Environmental factors/backgrounds
- Reason for referral
- Personal goals

Contact us for more **information** about music therapy and the **services** we offer at Central Queensland Music Therapy:

Website: cqmusictherapy.com.au
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Find us on **Social Media**



Central Queensland MUSIC THERAPY

Who can Benefit from Music Therapy?

Which ages, populations
and health concerns can
be supported?



Who can participate in Music Therapy?

Central Queensland Music Therapy provides services for all age demographics:

- Early childhood
- Children
- Adolescents
- Adults
- Older adults

Music therapy can help support people who might be experiencing challenges or wishing to improve their well-being. This may include (but is not limited to):

- Neurodivergence (e.g. ASD & ADHD)
- Physical and intellectual disabilities
- Mental health concerns (psychosocial disabilities)
- Trauma (e.g. birth trauma, survivors of DV, veterans)



Where can Music Therapy take place?

Music therapy services can be provided at:

- Music therapy-specific or allied health clinics and practices
- Private practice
- Hospitals and healthcare settings
- Schools and childcare centres
- Residential aged care homes
- Palliative care facilities
- Disability care facilities
- Community centres
- Prisons
- Telehealth and mobile services

Central Queensland Music Therapy offers sessions at:

- Our music therapy office
- Participant's home
- Participant's school
- Community environment (e.g. park)
- Online via telehealth

Multidisciplinary Work

Music therapists can work closely with your family, carers and other health professionals such as:

- Occupational therapists
- Speech pathologists
- Physiotherapists
- Psychologists
- Psychiatrists
- Neurologists
- Doctors

Music therapy can also be used in hospitals and health care centres to help patients deal with stress, discomfort and pain. It is used to help patients who have:

- Cancer and diseases of the blood and bone marrow
- Advanced diseases that have little or no chance of cure or recovery
- Experienced a stroke or brain injury
- Mental health illnesses
- Had surgery or other medical procedures

