**Music Therapy at the Center for Youth and Community Music (CDU)**

Music Therapy is now available for adolescence and children at the Center for Youth and Community Music at Charles Darwin University by Registered Music Therapist, Rebecca Reyna (Registration Number: 748).

Music therapy is an allied health profession. It is the planned and creative use of music to attain, maintain and progress the physical, emotional, cognitive and social needs of people of all ages. For more information, visit the Australian Music Therapy Association (AMTA) website.

Music therapy assists in the following ways:
- It promotes wellness
- It encourages expression of feelings
- It enhances memory
- It assists with managing stress, anxiety, and depression
- It encourages self-understanding, self-expression, and communication
- It can provide fun yet therapeutic experiences in difficult individual circumstances
- It can enhance and assist (educational) learning
- It can aid in physical and sensory development

Registered Music Therapist, Rebecca Reyna specializes in the following areas:

**Adolescents:**
Adolescents (12-25 years of age) who experience stress, or who are struggling with personal issues, or who are having difficulty coping with life, school or with situations at home or elsewhere, or who are having trouble with peers, or who are going through difficult circumstances may attend an individual music therapy session once a week. For adolescents, music therapy is beneficial in many ways, such as, for reducing anxiety and stress and for encouraging relaxation, improving mood state, providing coping strategies, empowerment and validation, encouraging self-understanding, communication, and emotional expression, and it can also assist with learning and academic outcomes. Music therapy sessions aim to achieve these benefits through music therapy methods such as music and relaxation, songwriting, song parody, song listening and lyric discussion, improvisation (making up music on the spot) on instruments, playing known songs on musical instruments, and music and imagery.

**Children**
Music Therapy group sessions for early childhood development are available to children (3-5 years of age). In these group sessions, music is used for learning, self-expression and awareness, socialisation, communication, cognition, motor movement and coordination, music and movement, and relaxation. Music therapy sessions aim to achieve these benefits through methods such as, singing children’s songs, music and movement, playing musical instruments, body percussion, and music and relaxation.

**Music Therapy is also available for children and adolescence who have:**
Behavioral and or social problems/issues, learning difficulties, autism or Aspergers syndrome, Down Syndrome, and those with other special needs.
Please Note… No prior experience in music is needed to participate in Music Therapy.

Costs and Bookings

Individual Music Therapy Sessions

Where: In a private room the Center for Youth and Community Music
Session Times: Individual Music therapy sessions can be booked during the day or after school/ work hours. Session times will stay the same each week.
Session Length: 45 minutes contact time, and then 15 minutes of Music Therapist write up on client progression within session.
Parent/ carer involvement: Parents/ carers will be informed of their child’s progression within therapy sessions if they wish. However, if the client is 18 years of age or older, they are able to decide as to whether they would like their parents involved in understanding their progress within therapy sessions.
Cost: $75.00 per session if signing up for 8 sessions, or $80.00 per session if signing up for 4 sessions. Clients will be invoiced before commencement of the first session. Fees are required to be paid within one week of receipt of invoice.
Private Health insurance: Some of the private health insurance companies cover music therapy.

Group Music Therapy Sessions (Childhood Development)

Where: In a room at the Center for Youth and Community Music
Session Times: Groups will run at 12.00- 12.45pm and 3.15- 4.00pm on a weekday.
Session Length: 45 minutes
Group Sizes: There will be 6-8 children in each group. Parents/ carers are welcome to join the sessions.
Costs: $20.00 per child per session. Children will be invoiced per term at the commencement of term. Fees are required to be paid within one week of receipt of invoice.
Private Health insurance: Some of the private health insurance companies cover music therapy.

To Book or for more Information
Contact Registered Music Therapist, Rebecca Reyna
Contact Number: 0417756464
Email: rebeccawilliamson90@gmail.com
References for Music Therapy:

- To see what a music therapy session might look/ sound like, refer to the video clips:
  - http://www.youtube.com/watch?v=I1R-r-VBvSY
  - http://www.youtube.com/watch?v=UPt4WrEfYV
  - http://www.youtube.com/watch?v=0xwf76MUKto
  - http://www.youtube.com/watch?v=Ti0KIIHtje2g