



Music Therapy Services of Austin

Rachel Smith, MA, MT-BC

Music Therapy Services of Austin (MTSA)

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Summer 2011 Information and Services

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SUMMER/FALL
2011

WHY CHOOSE MUSIC THERAPY?

Music therapy is an evidence-based, allied health profession that uses music interventions to accomplish individualized goals with a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.

The music therapist assesses emotional well-being, physical health, social functioning, communication abilities, and cognitive skills through musical responses; design music sessions based on needs using music improvisation, receptive music listening, song writing, lyric discussion, and learning through music. Music therapy participates in interdisciplinary treatment planning, ongoing evaluation, and follow-up.

ABOUT RACHEL SEE SMITH, MA, MT-BC

Rachel is a board-certified music therapist who received her undergraduate degree in communication disorders from Truman State University and graduated summa cum laude from the University of Iowa, where she obtained her Equivalency and Master's degrees in music therapy. Rachel has 22 years of both piano and violin experience, and is competent in voice and guitar.

CONTACT INFORMATION

ONLINE RESOURCES

www.musictherapy.org

musictherapyservices.net

THERAPIST

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LOCATION

Serving Austin, Texas, and Surrounding Communities



Academic Skills

Music can be structured in a way to address academic goals and skills for young children. Cognitive concepts include: colors, letters, reading, language concepts, comprehension, etc.



Gross and Fine Motor Skills

The music therapist can address the physical needs of the client, such as gait control, spasticity, or motor skills that have deteriorated due to a stroke, brain injury, Parkinson's disease, or other aging-related conditions.



Relaxation and Pain Management

Music therapy is used in intensive care units, with burn victims, patients with chronic or acute pain, and clients who can benefit from music embedded with relaxation techniques.



End-of-life Care

The music therapist works with patients, and families of patients, with AIDS, terminal cancer, and those who are receiving end-of-life care services, such as hospice.



Social and Communication Skills

Singing, instrument playing, song-writing, and active music-making are all activities that encourage communication and social interaction.



Who Can Benefit from Music Therapy?

Children, Adolescents, and Adults with:

- ✓ Mental health needs
- ✓ Developmental and learning disabilities
- ✓ Alzheimer's disease and other aging-related conditions
- ✓ Substance abuse problems
- ✓ Brain injuries
- ✓ Physical disabilities
- ✓ Acute and chronic pain
- ✓ ...and many other conditions and needs



Initial Music Therapy Assessment

Assessments are a vital component of the therapeutic process. They are used to diagnose strengths and needs of the client. Assessments typically involve an initial music therapy session, interviews with the client, family, and members of the interdisciplinary treatment team, and reading client history.



Co-Treatment

Involves facilitating sessions with related practitioners (physical therapists, speech therapists, occupational therapists, social workers, counselors), which can enhance the effectiveness of the therapeutic process.



Individual Music Therapy

Target the client's cognitive, emotional, sensorimotor, communication, and/or psychosocial therapeutic needs based on the initial assessment



Group Music Therapy

Provided primarily to agencies and facilities that cater to multiple clients with similar needs and goals. Group sessions typically last 30- to 90-minutes.



Consultation Services

Provided for parents, groups, and facilities. Involves initial assessment, development of individualized music-based tools and techniques, training parents and/or staff to use the techniques, follow-up evaluation to determine its effectiveness.