



# MUSIC THERAPY SERVICES OF AUSTIN

## RACHEL SMITH, MA, MT-BC

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## About Us

### What Is Music Therapy?

*According to the American Music Therapy Association:*

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

Music therapists assess 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, music and imagery, music performance, and learning through music. Music therapists participate in interdisciplinary treatment planning, ongoing evaluation, and follow-up.

Rachel 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.

# 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 more!



## Services Offered

### Initial 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.

### Individual Therapy Session

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

### Co-Treatment

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

### Group Therapy Session

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.

## Contact Us

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Board-Certified Music  
Therapist

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Serving Austin and  
Surrounding  
Communities

## Additional Resources

[www.musictherapyservices.net](http://www.musictherapyservices.net)

[www.musictherapy.org](http://www.musictherapy.org)

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