



Tuned In Music Therapy

*Enhancing health & wellbeing
with music*





Tuned In Music Therapy

Hello

You might already know that Music Therapy is a creative therapeutic practice that uses music, delivered by a registered music therapist, to facilitate improvements in health and well-being for people of all ages.

At Tuned In Music Therapy, we have witnessed the impact our programs have on participants and families. We strive to support as many people as possible through our engaging and goal-focused programs.

The best feedback we get is from the progress made, the health improvements observed and the smiles on participants' faces as they engage in our programs. Therapy programs specifically designed to support their goals, all centred around their music preferences.

So welcome. We're glad you're here and I very much hope your music therapy experience is rewarding and health-enhancing. It's our vision to achieve that for everyone.

Feel free to share your feedback about your music therapy experience with us, by email info@tunedinmusictherapy.com. Also, follow us on instagram or facebook for insights into our therapeutic practice and research. Best wishes,

Anita

Music Therapy

"In music therapy, we relate, we communicate, we engage. We may even feel big emotions and we experience and share all of that musically.

Through these musical interactions and the intentional use of music within a music therapy program, health benefits are often realised."

Anita Connell, Music Therapist



Tuned In Music Therapy



Evidence Based Practice

Music Therapy is an allied health profession.
All of our therapists are professionally
registered with the
Australian Music Therapy Association.

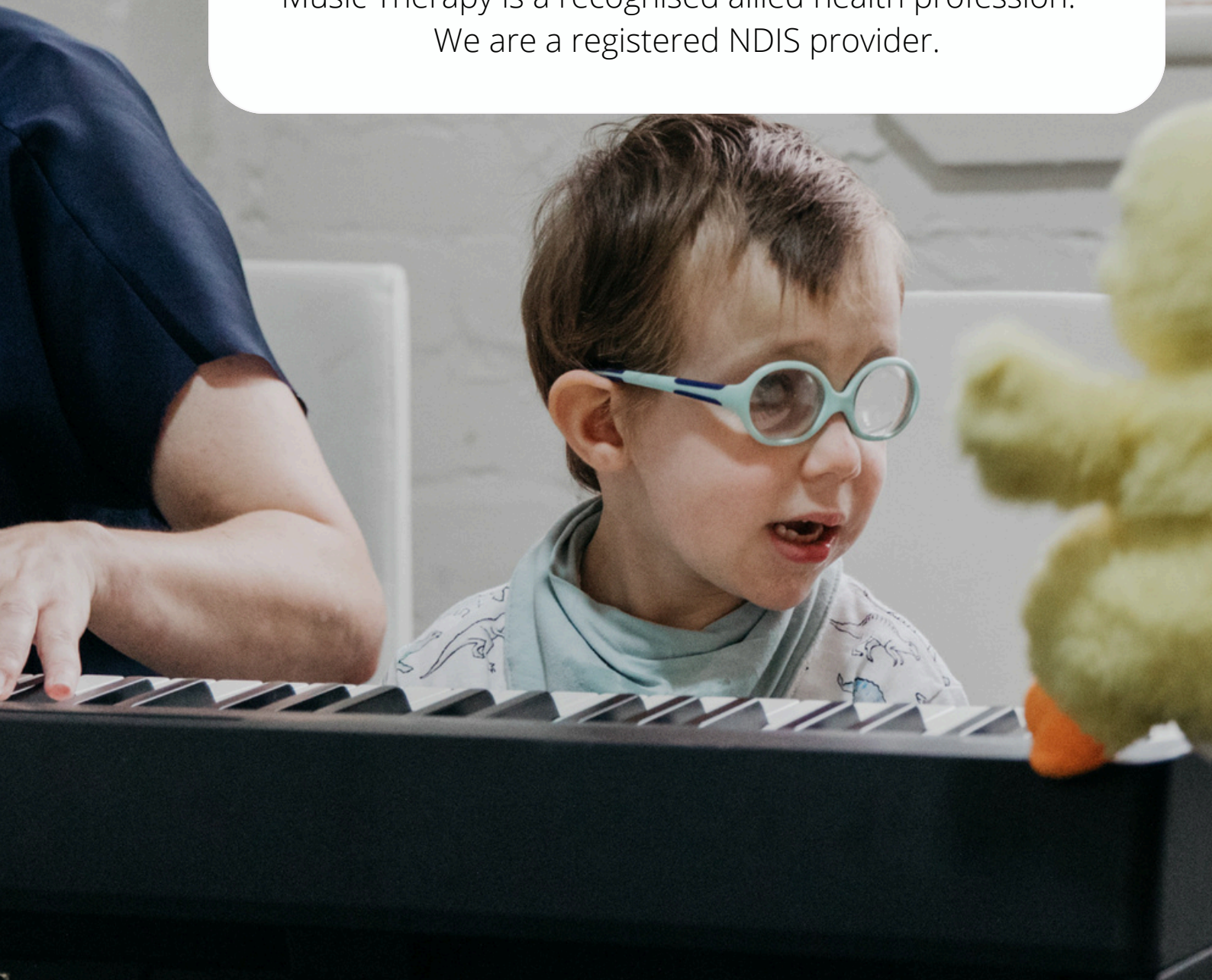


How music therapy helps?

Participants and families tell us that our music therapy programs enhance:

- play skills and social participation
- communication and language development
- fine and gross motor skills
- emotional wellbeing and regulation
- memory, attention and creative thinking

Music Therapy is a recognised allied health profession.
We are a registered NDIS provider.



“ Music therapy provides people with a safe, structuring and socially acceptable form in which they can express feelings which otherwise might be too overwhelming to express. ”

(Gold, 2009)

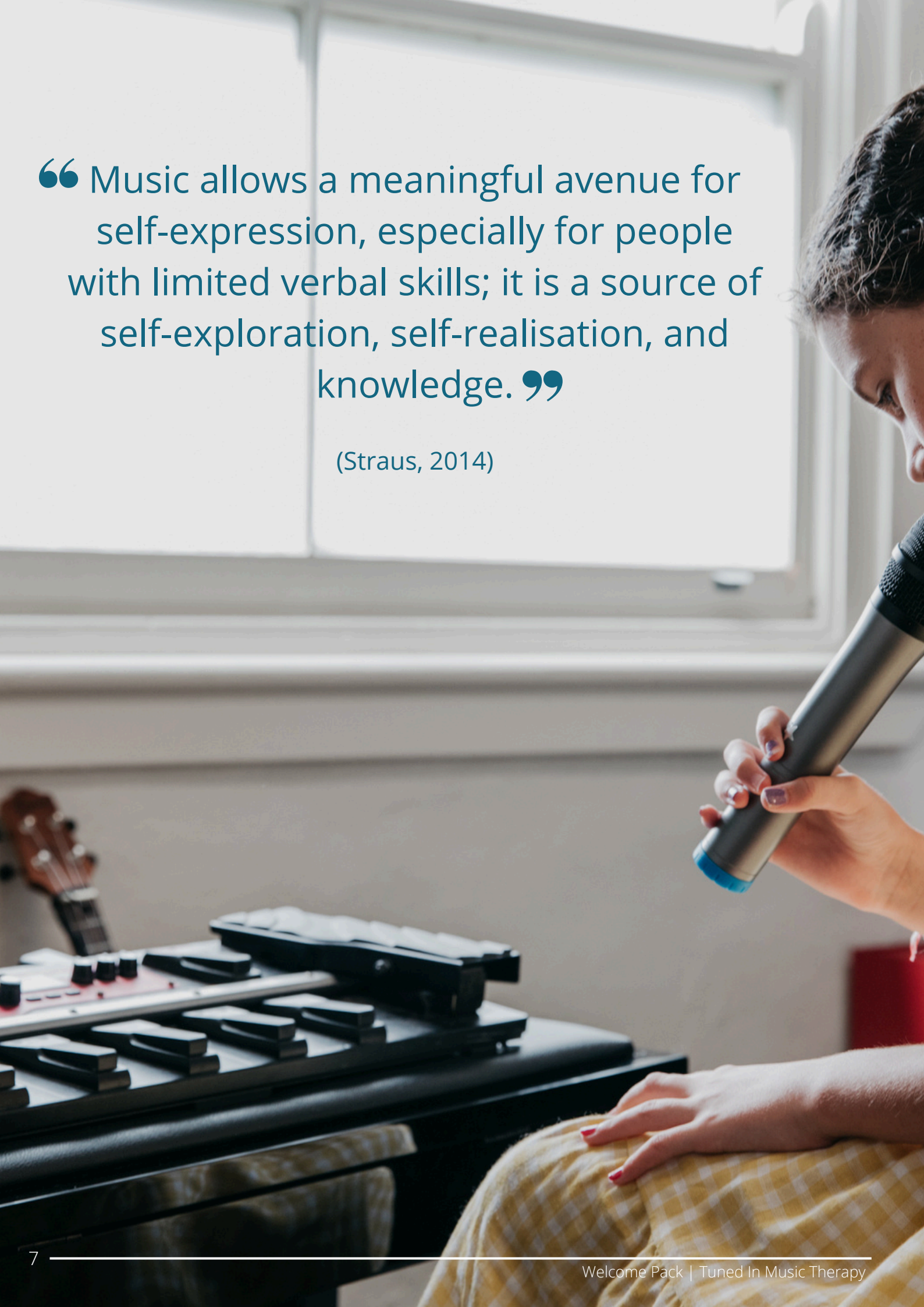
What we do

We use music to support emotional well-being with a focus on fostering emotional awareness and the development of everyday coping strategies. Music therapy is an effective approach for processing big emotions and experiences. We can describe emotions using musical concepts and support transitions to new emotional states. This can be through music a person creates or playlists someone curates related to mood.

Where programs support emotional well-being, participants may be taking part in active music therapy (singing, playing instruments, creating their own songs) or receptive music therapy (listening, responding or engaging in visualisations set to music).

Emotional
Wellbeing



A woman with dark hair is shown in profile, holding a black and blue microphone. She is sitting on a yellow and white checkered blanket. In the background, there is a window with white blinds, a black keyboard instrument, and a guitar. The scene is brightly lit, suggesting a music therapy session.

“ Music allows a meaningful avenue for self-expression, especially for people with limited verbal skills; it is a source of self-exploration, self-realisation, and knowledge. ”

(Straus, 2014)

What to expect

Our evidence-based and goal-focused programs support cognitive, emotional, sensory, physical and communicative goals. A focus on these areas can change how we engage socially with others and world around us.

Everyone we meet is unique and so are their goals and health needs. This means that each program is tailored to an individual with musical preferences always included in the design.

To develop the right program for you, we start with understanding your needs in the first sessions of music therapy.

You'll be active in music from session 1 and over the early weeks, we will discuss and agree with you, your therapy plan and program design.

From there, we'll collaborate with you, your family, your allied health team and your community supports to help you achieve your goals.



Communication



“ Music therapy interventions have been documented to improve gestural and verbal communication.”

(Geretsegger, Elefant, Mössler, & Gold, 2014)

What we do

At Tuned In Music Therapy, we aim to support communication through a range of techniques involving music. We use creative and improvisational approaches in musical play with an initial focus on levels of attention and imitation (with and without words) .

We focus on back-and-forth musical communication between the therapist and participant, mutually responding and communicating with music, gesture, facial affect and body movement. Sign language, visual supports and voice are incorporated where possible into the music-making to focus on the therapeutic outcomes of improved self-expression, speech and language.

When working on communication goals, Tuned In Music Therapy works collaboratively with families and the participant's allied health and support team to ensure that music continues outside of the program to further support communication.



Who can benefit from Music Therapy?

We have specialist skills working with children, adolescents and adults who are diagnosed with or experience:

- Autism
- ADHD
- Anxiety
- Social difficulties
- Developmental, learning & intellectual disability
- Physical disability
- Mental health needs
- Acquired brain injuries
- Stroke and neurological conditions
- Dementia & age-related conditions

Cognition

“ Planning, organising and playing musically sequenced tasks is evidenced to enhance cognition and in particular levels of attention and executive functioning . ”

(Bugos, 2010, 2022)

What we do

We work with people across all age ranges and diagnoses to develop and maintain cognitive skills. Musical tasks have a significant cognitive load and include visual spatial tracking, memory and subsequent motor planning in order to play music.

Our music therapy work involves using the constructs of music to enhance focus and attention, follow directions, sequence tasks and improve motor planning. Including music preferred by an individual in our programs is an important part of motivating children and adults to engage with music therapy strategies to develop cognitive capacity.



“Music therapy may decrease the severity of depressive symptoms and cognitive decline. It can support overall well-being for a person with dementia and assist in alleviating social isolation.”

(Ray & Gottell, 2018; Curelaru et al, 2021)



Social Participation



What we do

At Tuned In Music Therapy, we have established a diverse range of group and community programs to elevate levels of independent musical play and social participation.

We're particularly proud of our group and community-based work including

- Group programs for children combining music therapy and speech pathology
- Band performances for young adults with disabilities
- Choirs for those who are in stroke recovery or have neurological impairments
- Education sessions supporting International Day of People with Disabilities
- Development sessions supporting inclusive practice for school teachers
- Music & Art programs for people with disabilities culminating in gallery exhibitions
- Innovative music learning programs for older adults to support healthy ageing
- Programs for women experiencing domestic violence
- Singing Mamas groups focused on mothers mental health and well-being

What happens in a Music Therapy session?

Each program is uniquely designed to suit the participant's goals and preferences. Our Music Therapists use techniques to build capacity such as:

- **improvisational play** to increase self-confidence, develop joint attention, enhance social skills, and creativity
- **songwriting** to increase emotional wellbeing, self-expression and executive functioning skills
- **drumming** with the intent to improve imitation skills, turn-taking, memory recall and gross motor ability
- **therapeutic singing** to develop expressive language, vocalisations, articulation and connection to self
- **instrumental play** to increase social play, skills development, fine and gross motor development and develop creative thinking
- **music technology** such as recording music or making music videos to increase executive functioning skills and discover a personal style of creative expression.
- **music & movement** to support sensory integration body coordination and spatial awareness



About us



Tuned In Music Therapy

Your Team

Your music therapist is thoughtfully chosen considering each person's goals and musical preferences. All our music therapists are registered and recognised allied health professionals. They each have a unique set of skills, expertise and approaches to improving your health and wellbeing.



Choose your program

We offer individual music therapy, group programs and community based activities for all ages. Funding is available via the NDIS. We also offer intensive programs during school holidays and multidisciplinary programs collaborating with other allied health teams.



Who we are



Tuned In Music Therapy, established in 2016, provides music therapy services for children and adults across the lifespan.

We are a registered NDIS provider and we work with you, your family and your support teams to help you achieve your goals and full potential.

We provide our programs from our clinical space, in schools, hospital settings, aged care facilities and in other community settings.

Connect with us



*To find out more,
visit our website*



We welcome your feedback

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