

# ROWAN COMMUNITY MUSIC SCHOOL

## Music Therapy & Adaptive Music Lessons

for Voice, Piano, & Guitar



**Music Therapy** uses music to help address physical, emotional, cognitive, and social needs. It can help improve fine motor skills through playing an instrument, or gross motor skills through moving to music. It can help increase communication skills through collaboratively playing instruments together. It can help build positive coping skills and self esteem as individuals begin to define themselves through what they can do instead of by what they can't do.

**Adaptive Music Lessons** are focused on learning a musical skill such as playing an instrument or singing, but the lessons and approach are designed to include extra support as needed. This might include physical adaptations and/or cognitive adaptations. Building musical skill increases self-confidence and self-esteem and enhances self-expression and creativity, which improves quality of life.



"As a music therapist, my primary goal is to improve the quality of life of individuals that I work with, whether it be through music therapy sessions or through adaptive music lessons. I like to meet individuals where they are at, and respond to their needs in the moment, encouraging them to engage in a variety of music experiences."



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