



Music Therapy at Growing Together Preschool



What is Music Therapy?

Board-Certified Music Therapists facilitate evidence-based music interventions to help clients reach non-musical goals within a therapeutic relationship. Music therapy experiences may involve singing, moving, playing instruments, listening, songwriting, and more. It may look like play one minute and counseling the next, depending on the client or what someone needs in the moment.

How does it work?

Music experiences activate parts of the brain associated with visual, auditory, and sensory processing, movement and coordination, executive functioning, emotion and emotional regulation, memory, speech and language, attention, and mood.

Improve regulation, communication, and coping

Increase motivation and attention to academic and pre-academic skills

Enhance effects of traditional therapy



Our Services

We are dedicated to providing high-quality services that help clients feel successful and cared for. Clients may receive music therapy individually or with others, depending on their goals.

- **Individual Music Therapy:** Addressing individualized non-musical goals through music interventions within a therapeutic relationship with a board-certified music therapist.
- **Group Music Therapy:** Addressing non-musical goals that may be best practiced with others such as interpersonal communication, sharing, turn taking, coping with differences, building positive relationships, etc.



Learn more and connect with us

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School-based Services

The process for receiving private music therapy resembles that of other therapeutic services. In the school setting, your music therapist will work with other members of the interdisciplinary team to provide services that are compatible with the school environment and approach, and that are responsive to student outcomes and needs day to day.

Referral

A staff person, guardian, or another therapist may refer a student for music therapy assessment. However, initiation of services must come from a legal guardian.

An appropriate referral for music therapy assessment may be a student who needs support with:

- Practicing pre academic skills
- Cognition or understanding of specific academic content
- Sustaining attention span
- Motivation for participation in particular activities or tasks
- Social-emotional or other barriers to classroom or interpersonal success
- Interpersonal behaviors and socialization skills
- Coping with transitions and change
- Gross and fine motor skills
- Social-emotional awareness and coping
- Anxiety or mood regulation
- Reinforcing skills practiced in other therapies

Assessment

A music therapist will assess the student's response to music interventions, as well as potential goals that could be addressed in a music therapy setting. The music therapist may recommend individual services, group services, or both.

Treatment Plan

In collaboration with the interdisciplinary team, including the guardian, a music therapy treatment plan will be put in place and routinely evaluated. Services will be provided on-site to minimize disruption of the regular school day.

Service Cost

Music therapy in KY is private pay, so our visits are not bound by insurance restrictions. The goals, frequency, and duration of treatment can be determined by you and your music therapist. Rates vary based on the service received and travel fees have been waived for services conducted at GTP. Wildwood's rates for one-on-one music therapy are \$50/30-min. session and \$70/45-min. session. Group rates range between \$15 - \$25 per 30 - 45 min. session.



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School Based Music Therapy: Referral for Assessment

Date: _____ Client Name: _____

Referring Staff Name: _____

Reason(s) for referral (select at least one) – Client needs support with:

- Practicing pre academic skills
- Cognition or understanding of specific academic content
- Sustaining attention span
- Motivation for participation in particular activities or tasks
- Social-emotional or other barriers to classroom or interpersonal success
- Interpersonal behaviors and socialization skills
- Coping with transitions and change
- Gross and fine motor skills
- Social-emotional awareness and coping
- Anxiety or mood regulation
- Reinforcing skills practiced in other therapies
- Other, please explain:

Any observed positive responses to music? (not required) _____

Notes: _____



Dear Parent or Guardian,

You're receiving this letter because a staff member at Growing Together Preschool has identified your child as someone who would potentially benefit from music therapy services. On the other side of this page, you will find the referral sheet from this staff member identifying at least one area of needed support.

You will also find attached information about music therapy services. Specifically what music therapy is and the process for receiving music therapy services on-site from Wildwood Music Therapy through our partnership with Growing Together Preschool.

If you are interested in pursuing music therapy services for your child, or would like more information, you can reach out to us in several different ways. On our website, you can fill out an interest form on the "register now" page and we will start the process of enrolling your child in our services. You can also reach out at the contact information below. We look forward to answering your questions and being a part of your child's team!

Thank you so much,

Nora Veblen, MT-BC
Executive Director, Wildwood Music Therapy

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