

### **Music Therapy Session Options and Prices**

Music therapy can address a client's physical, social, cognitive and emotional needs through live music making. Therapeutic goals and objectives are created for each client's specific needs. Music therapy sessions may include: improvisation, songwriting, instrument playing, music and movement, and structured music listening. No musical experience is required for individuals receiving the music therapy!

Sessions at the FSPA:

#### Individual sessions

Sessions include:

- Goals and objectives specifically designed for the individual's needs
- Documentation for each session stating progress on goals and objectives

30-minute session charge: \$30

45-minute session charge: \$45

The board-certified music therapist working with you will have all the instruments and materials needed for sessions. If individual is under 18, a guardian will need to remain in the building for the time of the session.

For more information, please contact:

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