

About Music Therapy Clinical Services

The music therapy program in MSU's College of Music was established in 1944 as the first of its kind in the world, training music therapists in the treatment of a range of disabilities and illnesses. In 1993, Music Therapy Clinical Services, a MSU Community Music School program, was established to provide professional music therapy services to schools, agencies, and private clients throughout Mid-Michigan. MTCS music therapists present in local, regional and national organizations and have contributed to the growing body of research supporting the effectiveness of music therapy.

About MSU Community Music School

The MSU Community Music School (CMS) was founded in 1993 as the outreach division of the MSU College of Music. The Community Music School serves more than 2500 students every year in lessons, choirs, instrumental ensembles, classes, therapy sessions, and summer camps.

Contact Information

For more information, contact:

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MSU Community Music School

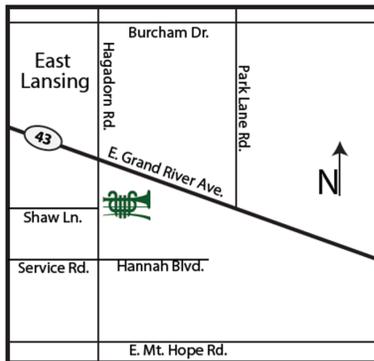
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Please visit our website, www.cms.msu.edu, for current fees.
Financial assistance may be available.



MSU Community Music School
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East Lansing, MI 48823

Community
Music
School 

Music Therapy Clinical Services



Photo credits: Erik Taylor, Cindy Edgerton, Sarah Bohan

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Who can participate in music therapy?

Music therapy is for people of all ages and all ability levels. Individuals need no prior musical training. All that is necessary is a response to the applied use of music. Music therapy is for people who enjoy music.



What is music therapy?

Music therapy is the clinical and evidence-based use of music and therapeutic techniques to accomplish individualized goals. Within the context of a therapeutic relationship, music therapists systematically and prescriptively use music-based interventions to reach individualized goals and improve quality of life.

Why music therapy?

Everyone CAN make music. Music therapy interventions celebrate and utilize individual's strengths in developing need areas. The focus is on ABILITIES.

Music therapy experiences might include:

- dancing to develop gross motor skills
- playing a keyboard to develop fine motor skills
- singing to improve language skills
- participating in a call-and-response to encourage turn-taking skills
- playing in a combo band to help develop cooperation and social skills
- learning to play an instrument to adopt positive forms of behavior
- receptive listening to lyrics to explore personal insight
- songwriting to encourage self-expression
- playing or singing an old-time favorite to elicit memories
- actively making music to help alleviate pain.

Music Therapy Clinical Services (MTCS)

Individual Music Therapy

Music interventions are designed to enhance/develop/improve gross motor, fine motor, learning, communication, social/emotional and/or stress reduction skills. Treatment

plans are created collaboratively with the therapist, the individual and the family based upon each person's needs and strengths.



Group Music Therapy

Music therapy services are provided in a group of four or more individuals. Treatment plans are created for each individual in the group.

Music Lessons for Special Needs

Lessons are for individuals who have not yet been able to succeed in conventional instrumental lessons. The primary goal is to learn to play an instrument.

Recreational Music Therapy Groups

Rock 'n Roll Combo & Jr. Rock 'n Roll Combo

Individuals who enjoy music and who have an interest in singing and playing (keyboard/piano, bass, guitar, percussion) join together in creating music.

Community Dance and Chorus

Sessions devoted to singing, dance/movement, percussion, and hand chime activities, in a moderately large group setting. For adults with all levels of abilities.

Adult Recreational Group

Adults with all levels of abilities play a variety of instruments, sing, dance and have an hour of fun.

Together, Let's Jam! & Crazy Action Songs

Monthly groups sponsored by the Capital Area Down Syndrome Association (CADSA).

New Groups TBD

New groups will be formed as needed.

Eric 'RicStar' Winter Music Therapy Camp

An annual summer camp for children, adolescents and adults with special needs and their siblings, which provides opportunities for a wide range of musical exploration in a welcoming, inclusive camp setting focused on ability.



Institutional/Agency Music Therapy

Collaborative music therapy services and consultation are offered at CMS as well as residential group homes, schools, private residences, adult foster care homes, hospitals and other settings. Service contracts include placement of therapists, supervision and consultation, documentation, special equipment and instruments.

Music Therapists

Music therapists are trained to:

- **Assess** physical health, social functioning, emotional well-being, communicative abilities and cognitive skills through musical responses
- **Possess** a strong knowledge of a wide variety of musical styles, materials and instruments
- **Design** music interventions based on individual needs in which individual strengths are utilized
- **Create** opportunities for musical participation appropriate to any level of skill or fine/gross motor impairment
- **Adapt** strategies to encourage success
- **Evaluate** individuals' ongoing responses to music therapy interventions.



Music Therapy Testimonials

"My child goes to speech, physical and occupational therapies, and music brings it all together."

-Parent of a Child in Music Therapy

"Music has been a bridge to better socialization for my son. His speech therapist says that after he has been in music therapy, he is more engaged and more focused."

-Parent of a Child in Music Therapy

"Even though he can not talk, he is able to communicate through music."

-Parent of an Adult in Music Therapy

"I regard music therapy as a tool of great power in many neurological disorders-Parkinson's and Alzheimer's-because of its unique capacity to organize or reorganize cerebral function when it has been damaged."

-Oliver Sacks, M.D.