

Services Provided by Mainstay Music Therapy, Inc.

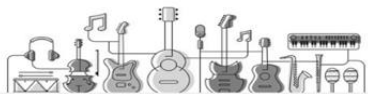
Individual Music Therapy sessions provided through the Medicaid Waiver Program.

Contracted services available for mental health clinics, child and family care centers, ABA clinics, grief counseling, nursing homes, hospitals, pediatric clinics and other facilities.

Individual Music Therapy funded through private insurance.

Individual and group music therapy sessions provided in-home or in our clinic setting.

Consultation/Presentation Services for facility in-services, support groups, and conferences.



American Music Therapy
Association
www.musictherapy.org

Association for Indiana
Music Therapy
www.indianamusictherapists.com

Certification Board for Music
Therapists
www.cbmt.org

Mainstay Music Therapy, Inc.
www.MainstayMusicTherapy.com



Allison Thomas, MT-BC
CEO/Music Therapist
Allison@MainstayMusicTherapy.com
260.494.1624

Serving Fort Wayne and
Surrounding Areas

Mainstay Music Therapy



Support.
Compassion.
Growth.



10812 Coldwater Rd, St. 400
Fort Wayne IN, 46845
260.494.1624
www.MainstayMusicTherapy.com

admin@mainstaymusictherapy.com

What Is Music Therapy?



Music Therapy is the clinical and evidence-based use of music interventions to address social, emotional, mental, communication and/or physical needs by a certified music therapist. One does not need musical skill to benefit from music therapy; music therapists are trained to support people of all levels of ability.

Music Therapists must first complete a four year bachelor's degree in Music Therapy, and complete a 6-month internship before being eligible to sit for the national board certification examination. After completing these requirements, one will obtain the Music Therapist-Board Certified (MT-BC) title.

A Music Therapist designs a treatment plan centered around non-musical objectives, with active music making, movement, singing, musical activities, songwriting, lyric analysis, relaxation and/or other music therapy techniques.

Typical Target Areas

- Academic Concepts
- Attention and On-task Behavior
- Creativity
- Emotional Coping and Expression
- Gross/Fine Motor Coordination and Control
- Impulse Control
- Language – Expressive and Receptive
- Leisure Skills
- Pain Management
- Pervasive Behavior Reduction
- Problem Solving and Self Organization
- Quality of Life
- Reminiscence and Memory Skills
- Self Esteem and Self Awareness
- Sensory Integration and Processing
- Socialization
- Speech- Articulation and Initiation

Music Therapists conduct a formal assessment and work with interdisciplinary teams to formulate appropriate goals and objectives for each client.

"Almost all children respond to music. Music is an open-sesame, and if you can use it carefully and appropriately, you can reach into that child's potential for development."

-Dr. Clive Robbins

Developed the Nordoff-Robbins approach to music therapy.

"Music Therapy can make the difference between withdrawal and awareness, between isolation and interaction, between chronic pain and comfort – between demoralization and dignity"

– Barbara Crowe
AMTA Past President

