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Every life path offers its share of surprise twists and turns. **Music Therapy** can help us rise above the challenges we encounter and unleash our unique creativity.

I am a **Licensed, Board-Certified Neurologic Music Therapist** with additional training and experience in education and pastoral care. I would love to help you channel the awesome power of music to set and achieve your goals!

Please contact me today for a **free consultation**.

*Discover how the
power of music
can help you heal,
learn and grow!*

CONTACT

A Different Drum Music Therapy, LLC



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**Transform
your life
through
music.**

Music Therapy is an effective, evidence-based, fun approach for clients to work on non-musical goals, in partnership with a Licensed, Board-Certified professional.



Music Therapy can help you...

- Enhance focus and concentration
- Express feelings
- Improve communication
- Improve executive function
- Maintain recovery from addiction
- Recover from a stroke
- Reduce acute and chronic pain
- Relieve stress, anxiety, and depression
- Support memory for people with Alzheimer's and other dementias
- Sustain motor and speech functions for people with movement disorders

Services

Music Therapy helps people who experience conditions that affect mood, thinking, behavior, communication, and movement, such as ADHD, autism, dementia, developmental or physical disabilities, neurodegenerative conditions, stroke, or traumatic brain injury.

A Different Drum offers Individual or Group Music Therapy, Social Skills Groups, Adapted Instrument Lessons, and single event Wellness Workshops at your location or via telehealth.

Sessions are tailored to client needs, strengths, and goals, using musical techniques that incorporate listening, singing, playing instruments, lyric discussion, songwriting, movement, and more.

Wellness Workshops

Explore how the elements of sound – such as rhythm, pitch, melody, harmony, and form – can help you relax, relieve pain and anxiety, and unleash your creativity in a hands-on wellness workshop!

Sample Workshops

- Foundations of Wellness
- Healing Rhythms Drumming
- Music for Healthy Aging
- Native American Style Flute
- Nature Immersion
- Sound Bath Journey
- Therapeutic Songwriting

Sample Group Sessions

- Music Enrichment for Adults with Intellectual or Developmental Disabilities
- Music Therapy for Memory Care
- Music Therapy for Recovery Support
- School-based Music Therapy
- Therapeutic Ensembles
- Adapted Theater/Arts/Social Skills

