

# Music Therapy

The CarePlus Music Therapy Group uses the natural elements embedded in music-making to target the needs of children with behavioral, social, or developmental challenges in a non-threatening, engaging, and fun way.

Music Therapy is a proven, therapeutic practice that has been successful in reaching youth who may have difficulty expressing themselves verbally or have behavioral, social, or developmental challenges. Those who are suffering from anxiety, depression, or have anger management issues will find the group to be helpful in learning positive ways to express themselves.

**Program Goals:** Over the 8-week session period, children (in multiple developmental-age groups) will partake in goal-oriented and evidence-based music experiences designed to target areas such as:

- Awareness of self and others
- Cooperation
- Self-regulation
- Socialization
- Communication
- Motor skills
- Creativity

These goals will be met through the use of:

- Recreation of existing songs
- Creation of new and original songs
- Receptive listening and exposure to a variety of music
- Creative movement and/or improvisation.

**For more information or to register...**

Call Gabriella Urato, LSW at 201-797-2660 x5210  
or email [GabriellaU@CarePlusNJ.org](mailto:GabriellaU@CarePlusNJ.org)

“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  
(past president of the  
National Association  
for Music Therapy)*



healing one another...together