

Benefits

- Improves quality of life
- Improves gross/fine motor coordination
- Improves socialization and communication skills
- Promotes self expression and creativity
- Promotes relaxation and stress management
- Helps develop problem solving and impulse control
- Assists with pain management and coping skills
- Assists with improving attention span & On Task Behavior
- Allows for reminiscence and short/long term memory
- A noticeable improvement in language and math skills

About Me

I am a music therapist, teacher and founder of Harmonic Expressions.

I graduated with a Bachelors of Music Therapy from the University of Windsor, and completed a 1000 hour supervised internship.

I am a member in good standing with the Canadian Association for Music Therapy (C.A.M.T.) and have Music Therapist Accredited (MTA) status.



Harmonic Expressions

*Music Therapy
Music Lessons
Parent-Child Classes*

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Music Therapy

I apply music interventions within the context of a therapeutic relationship in order to restore, maintain, and improve the functioning and quality of life.

Clients

Each plan is customized to meet individual needs.

Clients include:

- People with disabilities (Autism, Developmental Disorders, Cerebral Palsy, Down Syndrome, Speech/Language Disorders, Sensory Integration Deficits, Social/Communication Needs, etc...)
- Hospital and Hospice Patients
- Infants / Toddlers
- People with emotional or behavioral disorders
- Seniors

No prior musical training is required to benefit from Music Therapy!

Potential Interventions

- Improvisation
- Instrumental Playing
- Music Assisted Relaxation
- Singing / Song Writing
- Various Expressive Arts

Music Lessons

Traditional

Lessons are offered in Voice, Piano, Flute, and Theory.

Adaptive

Individually designed and modified to be success-oriented and motivating, maximizing the student's strengths and abilities.

Adaptations range from learning songs using colors and numbers, reading music notation, free-play and improvisation or may include modifying the instrument.

Parent-Child Classes

Classes are offered for children between 0-18 months and 18 months-4 years of age. Group size can range between five to fifteen children, and are booked in six to ten week sessions.

Classes run between thirty minutes to one hour, and focus on improving developmental areas including parent/child bonding, communication, motor, social and cognitive skills.

Sessions can be organized by groups of parents, or through individual parent requests.

