

# Therapeutic Activity Groups

## *Music Therapy*



Utilization of music and rhythm helps many clients restore, improve and maintain emotional and spiritual health. Music assists in creating better relationships and communication by the use of alternative means of expression and understanding. It can elevate mood, relieve stress and improve concentration, focus, and cooperation. It is used for a variety of conditions, including traumatic brain injury, psychiatric disorders, medical problems, substance use disorders, communication disorders, interpersonal problems, etc. The responses and emotions are elicited through singing, dancing, rhythm and Djembe' drumming. The goal is to use music and rhythm to relieve emotional and physical discomfort and awaken the inborn musicality in each client. The power of music and rhythm will allow clients to become better equipped to recognize and deal with emotions that were overwhelming to them in the past. It

is also used to improve learning, build self-esteem, reduce stress, support physical exercise and facilitate a host of other health-related activities. Groups are one hour in length and experienced professionals facilitate the sessions, with the collaboration of the clinical therapist; documented in a progress note to include date, times, and signature of client and therapist.