

Yinghua Academy Conservatory of Music

## Music Therapy will be available after school!

Yinghua Academy Conservatory of Music is partnering with Alliance Music Therapy to offer music therapy classes as part of our after-school music lesson program. Learn more below about how music therapy can benefit children and improve their ability to learn, deal with stress, manage behavior and more, with the convenience of an after-school class at Yinghua!

### What is music therapy?

Music therapy is an established health profession in which qualified music therapists use music to address physical, emotional, cognitive, and social needs of individuals. After assessing the strengths and needs of each client, the therapist provides the treatment plan, including creating, singing, moving to, and/or listening to music.

### Who can benefit from music therapy?

Everyone, Alliance explains! Music has wonderful effects on the brain. When we add the therapeutic application of music, we can enable rewiring of the ways we learn and retain information which applies to all children and even adults. Music therapy has been effective in improving lives of children working to...

- reduce stress
- improve concentration and focus
- deal with emotions

Music therapy can be a useful part of a plan for students with...

- Autism Spectrum Disorder, Down Syndrome, and other pervasive development disorders
- Mental and behavioral health, mood disorders
- Attention deficits, ADHD
- Attachment disorders, defiant behavior
- Medical diagnoses with delayed development or regression
- Motor disorders or physical impairments/disabilities
- Speech/language/communication deficits or difficulties
- Sensory processing disorders
- Alternative learners

### How will this work?

The program runs through Alliance Music Therapy and Yinghua's Conservatory of Music, **not** through Yinghua's Special Ed Department. Billing will come through Alliance. After registration, Alliance will do an assessment, create a customized treatment plan, and will continually monitor progress. Students in music therapy are also enrolled in Aftercare, Registration opens August 31.

### How much will Music Therapy cost?

There is a one-time assessment fee of \$100, plus a weekly fee between \$44 and \$72, depending on length of lesson. At this time, Alliance does not accept private insurance. In addition, there is a \$10 per lesson Aftercare fee.

### For more information

For therapy-specific and financial/insurance questions, contact [hilary@alliancemusictherapy.com](mailto:hilary@alliancemusictherapy.com)  
For scheduling and general questions, contact [libby.pomroy@yinghuaacademy.org](mailto:libby.pomroy@yinghuaacademy.org)