

MUSIC THERAPY

Sarah Howell, MT-BC

Board Certified Music Therapist

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In-home music therapy services for children and adults (any age) with developmental disabilities and special needs

Music therapy uses music as a tool or medium to motivate clients to work toward non-musical goals

Music therapy can focus on these skills:

Communication (expressive, receptive, PECS, sign language)

Social skills (self-expression)

Physical (fine and gross motor)

Cognitive (attention span, colors, shapes, numbers, etc.)

Emotional (appropriate expression, affect, and communication)

Leisure (learning musical skills to take into community groups)

Adapted Music Lessons (piano instruction, guitar instruction)

And more.....

Specific assessment and individualized treatment plans established for each client

I would love to answer any questions!

Please give me a call!

What is music therapy?

Music therapy is the use of music as a medium or tool to address non-musical goals. Music serves as a motivator to promote increased attention span, increased responses, and increased enthusiasm from clients in order to meet their needs and work on deficits in a positive environment. Music is flexible in tempo (speed), dynamics (volume), and genre to best adapt to each client's preferences, sensitivities, and functioning levels in order to allow each client to meet with success. A music therapy assessment is utilized in order to determine specific long-term and short-term goals for each client, and an individual treatment plan is created. Music therapy interventions and experiences can be geared to focus on speech/communication goals, gross and fine motor goals, social/emotional goals, behavioral goals, and most importantly – increased self-esteem with repeated successes and unconditional positive regard for all the client's responses and self-expressions.

Therapist Profile:

I graduated from the University of Dayton with a bachelor's degree in music therapy in May 2002. I completed my 6-month internship at New Avenues to Independence in Cleveland, Ohio, where I worked with children with mental retardation, autism spectrum disorders, Down Syndrome, cerebral palsy, and other developmental disabilities in a summer camp setting. I also worked with adults with mental retardation living in group homes in Cuyahoga County. Immediately after completion of my internship, I took an examination to become a board certified music therapist under CBMT (Certification Board for Music Therapists). From January 2003-2004, I was employed by Hugs and Harmony Music Therapy Center in Worthington, Ohio, working with children (ages birth – 18 years) with autism spectrum disorders, ADHD, mental retardation, Down Syndrome, cerebral palsy, Williams' Syndrome, and other developmental disabilities.

Starting January 2004 to the present time, I have worked as an independent music therapy provider for the DCBDD, working with early intervention and school-aged children with in-home therapy services, as well as providing music Specialty Groups through Delaware County since the program initiated!

I would love to answer any questions about music therapy and love to talk to anyone interested!

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