



# Music Therapists VS Music Volunteers

	Volunteer	Therapist
Provides Live Music for Patients	X	X
Medically Non-Invasive	X	X
Improves Patient Quality of Life and Emotional Well-Being	X	X
Educational, Clinical Training Required to Practice		X
Conducts Comprehensive Clinical Assessment		X
Develops, Implements, and Documents Individualized Treatment goals		X
Pass a National Board Certification Exam in music therapy		X

For more information, contact:

**Hannah Hoffman, MT-BC**  
Music Therapist - Board Certified

Hannah Hoffman is a Board-Certified Music Therapist serving Emmet County, Michigan. She holds a Bachelor's in Music Therapy from the University of Kansas and has completed clinical training with a variety of clients, including those with intellectual disabilities and age-related conditions. Hannah also interned at Valeo Behavioral Health Care in Topeka, KS, and The Lighthouse Neurological Rehabilitation Center in Kingsley, MI, before earning her certification. As one of the first Board-Certified Music Therapists in Emmet County, Hannah is proud to bring music therapy to the community. Contact her today to learn more.



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## REMEDIES IN RHYTHM

Music Therapy | Adaptive Lessons  
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## What is Music Therapy?

Music therapy is defined as "the clinical and evidenced based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program."

-American Music Therapy Association-

## What does that mean?

Music therapy addresses a non-musical goals (such as decreasing anxiety). Music therapy uses evidenced based music interventions to address the specific goal(s).

Clients participate in an assessment process to see if music therapy is the right fit. Each individual has a personalized Plan of Care to accomplish their specific goals.

## Who benefits from Music Therapy?

- Alzheimers Disease and Related Dementias
- Autism
- Down Syndrome
- Child, Adolescent, and Adult Behavior Health
- Correctional or Forensic Settings
- Neurological Rehabilitation (Traumatic Brain Injuries, Spinal Cord Injuries, Stroke etc.)
- Crisis and Trauma

**This is just a brief list - Many more populations benefit from this unique service.**

## Education

- Bachelor's degree or better in music therapy or a directly related field
- Receive 1,200 hours of clinical training, including a supervised 6 month internship.
- Pass a national board certification exam administered by the Certification Board for Music Therapists.

## Where does Music Therapy take place?

The most common settings for music therapy include hospitals, schools, mental health clinics, nursing homes, outpatient clinics, and residencies for individuals with developmental disabilities. It is also common for music therapists to have their own private practice.

## Adaptive Lessons

Adaptive music lessons differ from traditional ones by tailoring the teaching approach to each student's needs. At Remedies in Rhythm, we believe music lessons should never be a "one-size-fits-all" experience. Our unique, personalized teaching style is designed to help you succeed.

## Common Goals

- Communication
- Social skills
- Anxiety
- Depression
- Coping skills
- Self-esteem
- Fine/Gross motor skills
- Voice quality

## Common Instruments

- Guitar
- Piano
- Ukulele
- Voice
- Djembe/Conga/Bongos
- Auxiliary Percussion

## Cost

### Music Therapy:

Initial Music Therapy Assessment: \$220

30 Minute Music Therapy Session: \$70

60 Minute Music Therapy Session: \$120

### Adaptive Lessons:

30 Minute Lesson: \$35

60 Minute Lesson: \$70

**\*Financial Assistance Available\***

## **\*The Remedies in Rhythm Foundation - Coming January 2025\***

Remedies in Rhythm, we are committed to offering high-quality music therapy services to individuals of all ages, abilities, and backgrounds. Our mission is to make the transformative power of music accessible to everyone who needs it, with a special emphasis on supporting underserved communities.

The Remedies in Rhythm Foundation is a 501(c)(3) nonprofit organization (Coming January 2025)