



Music Therapy with Footsteps

Zoom Music Therapy Explained

What is zoom music therapy?

We consider the needs and goals of your child and use music to explore these in a bespoke and fun way via zoom.

What might we be working on?

Aiding sleep, anxiety reduction, advancing creativity, emotional wellbeing, empowerment and leadership, fine motor skills, focus and attention, general motivation, hand eye coordination, self-confidence, self-expression, self-regulation, speech fluency and pronunciation, social and communication skills, sustained physical exercising, turn taking and more besides.

What are sessions going to include?

Sessions will include some or all of the following:

Instrument playing using

1. Your own bought or home-made instruments.
2. Borrowed instruments from the music therapy instrument store at Footsteps (first come first served basis).
3. Digital instruments. (I-pads are particularly good for apps like garage band and thumbjam).

Listening

Sharing via the computer or using home hi-fis, discover which songs/pieces or bespoke music sections can aid what goals for your child.

Singing / Vocalising

Using the voice box in many traditional and alternative ways.

Song writing / composition

Using ipad/tablet/computer software, pen and paper or a voice memo recorder on a phone to create a unique and personal piece of music.

How long will a session be?

Session length will depend on the ability, health (on that day) and age of your child, so between 30-45 minutes.

How often would a session be?

Weekly sessions are preferable, fortnightly is also an option.

How many sessions will there be?

After the initial 3 sessions, I recommend a further 10. This can be extended or shortened as appropriate.

How will sessions be paid for after the 3 subsidised by Footsteps?

Sessions are £50 and can be self-funded or paid for by an external funding body. I recommend contacting <https://www.jessiesfund.org.uk/> who may be able to offer financial help if needed.

If you have any further questions, please feel free to contact Lizz directly on lizz@music-therapist.com or call her on 07832 133128.