

Individual Sessions FAQ

The ORU Music Therapy Clinic offers individual music therapy sessions for clients of all ages in the following populations:

- Developmental disorders: Autism spectrum disorder, Down syndrome, cerebral palsy, ADHD, intellectual disabilities, learning disabilities, developmental delay etc.
- Neurologic disorders: Stroke, Parkinson's disease, traumatic brain injury etc.
- Psychiatric disorders: Depression, anxiety, emotional and behavior disorders etc.
- Geriatric disorders: Alzheimer's disease, dementia

Assessment

New clients are invited to participate in a **free** 30-45 minute assessment. Assessments will be led by a board-certified music therapist or a music therapy intern under clinical supervision.

The assessment is design to evaluate the client's sensorimotor, cognitive, speech/language, communication, and social/emotional areas through music. Clients will participate in interactive music-making experiences such as music and movement, instrument playing, singing, music and art etc.

Frequency/length of sessions?

Sessions are typically held once a week for 30 or 45 minutes. Sessions may be held on an alternative schedule on a case-by-case basis Sessions will follow the ORU academic schedule and last 8 -15 weeks.

Price

\$30 for 30 minutes

\$40 for 45 minutes

Platform

Sessions can be online or in-person at the ORU Music Therapy Clinic

What will we do in sessions?

Each session is aimed to address individualized goals and objectives based on the assessment findings and the client's request. Clients will participate in music-making experiences that include their musical preferences to address their goals/objectives using success-oriented, individualized, and evidence-based techniques.

**Please see the initial client packet for a full description of the clinic's policies and procedures.*