

Music Therapy for youth

The CarePlus Music Therapy Group uses the natural elements embedded in music-making to target the needs of children with behavioral, social, or developmental challenges in a non-threatening, engaging, and fun way.

Music Therapy is a proven, therapeutic practice that has been successful in reaching youth who may have difficulty expressing themselves verbally or have behavioral, social, or developmental challenges. Those who are suffering from anxiety, depression, or have anger management issues will find the group to be helpful in learning positive ways to express themselves.

Program Goals: Over the 10-week session period, children (in multiple developmental-age groups) will partake in goal-oriented and evidence-based music experiences designed to target areas such as:

- awareness of self and others
- cooperation
- self-regulation
- socialization
- communication
- motor skills
- creativity

Each session will consist of either the recreation of existing songs, the creation of new and original songs, receptive listening and exposure to a variety of music, creative movement and/or improvisation.

The group is facilitated by Paul Kates, MT-BC, a board certified music therapist and multi-instrumentalist, who pulls from both the therapeutic- and music-making process to motivate each group member towards their individual needs.

10-week program: \$375 (includes intake)

For more information or to register...

Call Paul Kates at 201-797-2660 x154 or email PaulKates@CarePlusNJ.org

“Music therapy can make the difference between withdrawal and awareness, between isolation and interaction, between chronic pain and comfort – between demoralization and dignity.”

*Barbara Crowe
(past president of the
National Association
for Music Therapy)*



healing one another...together