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Music Therapy is the clinical and evidenced based use of music interventions and the relationship between the therapist and client to accomplish individualized goals by a credentialed professional who has completed an approved Music Therapy program.

**Through music therapy sessions, the board certified music therapist uses music to achieve goals that are not necessarily music related.**

For instance, most of us learned our alphabet through the use of the familiar tune, Twinkle, Twinkle, Little Star. Common goals include the following:

To Improve:

eye hand coordination  
fine motor coordination  
gross motor coordination  
eye contact  
on-task behavior  
color recognition  
academic skills  
knowledge in the field of music  
acceptable social behavior  
reciprocal interaction  
cooperation skills  
auditory discrimination  
balance  
facial expressions  
self-esteem  
ability to follow directions  
self-help skills  
sensory integration  
speech and language development

To Provide:

an opportunity for recreation  
through music  
opportunities for self-expression  
positive, successful experiences  
FUN!!!

To Increase:

verbal communication  
clarity of speech  
physical exercise  
range of motion  
motivation to participate  
awareness of emotions  
empathy  
problem solving skills  
verbalizations  
vocalizations  
musical skills  
body awareness  
spatial awareness  
daily living knowledge  
social interactions  
tolerance of others  
self-organization  
self-regulation  
self-confidence

To Decrease:

hyperactivity  
unacceptable social behavior  
echolalia  
stress/anxiety