NZ born and bred, I graduated from the Victoria University of Wellington in 2012 with a Master of Music Therapy with First Class Honours. My masters research focused on the use of music therapy to support speech and expressive language for pre-school children with special needs.

Drawing on my background in psychology I thoroughly enjoy working with people of all ages, co-creating a therapeutic space within which to discover and explore just what music can do.

I have been fortunate to work with a range of clients including children, adolescents and adults with special needs at schools, residential and healthcare facilities, and a specialist music therapy centre; adolescents excluded from school; older people with neurological conditions including stroke, Parkinson’s Disease and Dementia one-on-one and in a choir setting; and adults living with mental health conditions in an acute hospital setting.

“Music therapy is the professional use of music and its elements as an intervention in medical, educational, and everyday environments with individuals, groups, families, or communities who seek to optimize their quality of life and improve their physical, social, communicative, emotional, intellectual, and spiritual health and wellbeing” (World Federation of Music Therapy, 2011)
Based in an environment that is both accepting and encouraging, music provides a motivating, non-pressured medium through which to establish and develop a relationship of trust between client(s) and music therapist. People who experience life in different ways can experience music therapy as a safe space to create, explore, express, and process whatever life holds.

Music therapy incorporates a wide range of instruments and musical opportunities including musical improvisations (free-play, based on a theme or structured in a musical way), singing and song-writing, interactive music-making activities and more. It’s about finding what works for each person, and using it to address their needs. It’s the use of music for non-musical goals.

Connecting music with what you need

Music Therapy with your child
For a child working on physical development, action rhymes and making music on a range of instruments specifically chosen to address their needs is a fun, non-pressured, highly motivating way to facilitate development of fine and gross motor skills, and coordination.

For a child who needs support with their social skills, music-making opportunities can be used to encourage and develop skills such as eye contact, joint attention, and turn-taking. Playful but focused songs, behaviours and instrumental play can enhance speech and expressive language development.

For a child or adolescent with mental health needs, using music as a form of self-expression and a way to communicate can provide a youth-culture-accepted platform for developing awareness and strategies for managing self, and self in relation to others.

Music Therapy with adults
For adults living with disabilities music can provide an avenue for communication, self-expression, and meaningful shared play and reciprocal interaction with others.

For adults experiencing mental health conditions music can break isolation, provide a flexible, accessible platform for positive experiences and developing self-expression and self-reflection.

For older adults who have experienced stroke, neurological conditions such as Parkinson’s Disease, Dementia, music therapy can involve singing to maintain vocal function as well as reminiscence. The reward inherent within music-making is highly motivating for repetitive training and movement patterns while playing instruments, which are specifically chosen and used to encourage, exercise and stimulate targeted functional movements.

For older adults in palliative care and their significant others shared music can support, connect, express, prepare and affirm.

Options
It’s about finding what works for each person or group of people. As a general guideline:

<table>
<thead>
<tr>
<th>Type</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td>30 mins</td>
<td>$50</td>
</tr>
<tr>
<td>Group</td>
<td>2 - 5 people</td>
<td>45 - 50 mins</td>
</tr>
<tr>
<td></td>
<td>6 - 10 people</td>
<td>60 mins</td>
</tr>
</tbody>
</table>

These prices include the delivery of the session, associated planning and preparation, resources, clinical notes, and parent/carer liaison. There may be additional costs if extensive travel is required. Please get in touch to discuss the possibilities for yourself or others.

Music Therapy with Shari
Shari Storie
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