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# About Shari

An Auckland-based, NZ Registered Music Therapist, Shari works with people of all ages living with special needs, mental health needs, intellectual and physical disabilities and within neuro-rehabilitation, using music to address non-musical goals.

Shari practices client-centred, strengths-based, goal-orientated, improvisational music therapy, working one-on-one, with small or large groups, and with families, in schools, rest homes, health care facilities and private settings.

Shari graduated from Victoria University of Wellington with a Master of Music Therapy with First Class Honours (2012). Prior to that Shari gained a Bachelor of Music, Bachelor of Science conjoint at the University of Auckland (2009), majoring in Composition, Statistics and Psychology. Shari has been an elected Council member of Music Therapy New Zealand since 2014, and enjoys exploring how music engages and connects, using piano, flute, guitar, various tuned and un-tuned percussion as well as her voice.



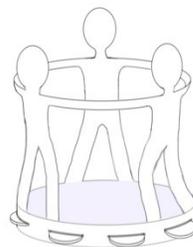
“Music therapy is the professional use of music and its elements as an intervention in medical, educational, and everyday environments with individuals, groups, families, or communities who seek to optimize their quality of life and improve their physical, social, communicative, emotional, intellectual, and spiritual health and wellbeing” (World Federation of Music Therapy, 2011)



Open referrals and inquiries regarding consultation and assessment welcome.

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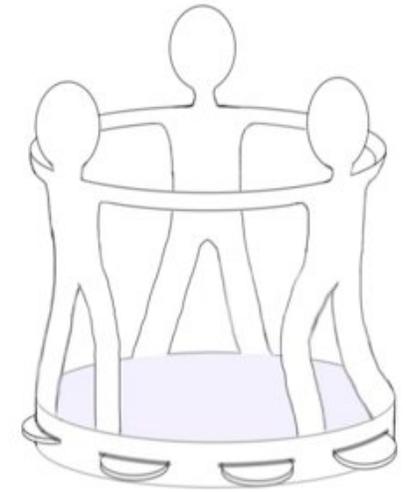
## Music Therapy with Shari



Shari Storie  
NZ Registered Music Therapist  
MMusTher (Hons) BSc. BMus.  
[www.MusicTherapyWithShari.com](http://www.MusicTherapyWithShari.com)  
[facebook.com/MusicTherapyWithShari](https://facebook.com/MusicTherapyWithShari)  
Email: [shari.storie@outlook.co.nz](mailto:shari.storie@outlook.co.nz)  
Mobile: 021574274

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# Music Therapy with Shari



Connecting music  
with what you need

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Contact Shari: 021574274  
[shari.storie@outlook.co.nz](mailto:shari.storie@outlook.co.nz)

*Member of  
Music Therapy  
New Zealand*

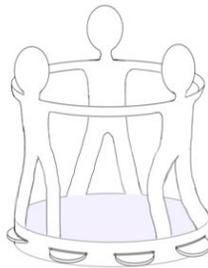
# Music Therapy with Shari



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 *communication and 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, 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 and other neurological conditions such as Parkinson's Disease*, 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 *living with Dementia or in palliative care* and their loved ones, shared music can support, comfort, connect, express, prepare and affirm.

## Options

It's about finding what works for each person or group of people.

- Individual, small or large groups, and family work
- 30 - 60 minute sessions
- Location as agreed within an organization/facility, or private.

Contact Shari to discuss the possibilities for yourself or others. Costs 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



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