

# Music

## Therapy Outreach

Programs for Schools &  
Social Service Agencies





Innovative and creative  
programs addressing the therapeutic needs of  
children, adolescents,  
and adults.

### **Brooklyn-Queens Conservatory Onsite Music Therapy Program**

The Brooklyn-Queens Conservatory also offers an Onsite Music Therapy program for children, adolescents, and adults at our Brooklyn campus. We offer individual Music Therapy; therapeutic instruction on piano, guitar, drums, and voice; classes in Music for Social and Emotional Learning; classes for adults in music and health; and workshops about therapeutic music for teachers and therapists in special education. Financial aid is available. To receive a brochure of classes, contact the Conservatory at 718-622-3300.

## What is Music Therapy?

Music Therapy is an established profession which uses the motivating and enjoyable experience of music to therapeutically address the developmental goals of students with special needs. It is also beneficial for children, adolescents, and adults seeking growth in social, emotional, and psychological skills, and creative expression.

Music Therapy is provided by professional master's level music therapists with training in music and psychology and experience in special education. Under the guidance of the music therapist, students experience new pathways to learning and communication while exploring their musical expression and creativity.

## Who can benefit from Music Therapy?

Music Therapy has been shown to be beneficial for children, adolescents, and adults with: emotional and psychological issues, developmental disabilities, speech and language delays, physical disabilities, autistic spectrum, cerebral palsy, learning disabilities, attention deficit disorder, sensory issues, behavioral problems, neurological disabilities, and hearing or vision impairment.

## Music Therapy can:

- Improve language and communication skills
- Improve focus and concentration
- Increase impulse control and frustration tolerance
- Improve management and modulation of emotions and energies
- Increase self-awareness
- Improve fine and gross motor coordination
- Increase self-esteem and confidence
- Improve memory and cognition
- Improve social skills
- Provide multi-sensory experiences for enhanced sensory integration
- Decrease anxiety and depression
- Promote emotional and creative expression
- Promote personal growth

# Programs for Schools & Social Service Agencies

Music Therapy Outreach programs are Music Therapy programs tailored to your program or school's needs. The Conservatory has been designing and implementing music therapy programs in schools and agencies throughout New York City. Programs can take place at your school or agency or at our Brooklyn campus where students can experience being a part of our community.

## **We are available to develop programs with:**

- Public and private elementary, middle, and high schools
- After-school programs or camps
- Community mental health centers or social service agencies
- Therapeutic pre-school and early intervention programs
- Senior centers and geriatric programs
- Programs for children and adolescents in the foster care system
- Group homes

## **We offer:**

- Music Therapy (for individuals or groups)
- Therapeutic Music Instruction
- Music for Social and Emotional Learning
- Professional Workshops for teachers and therapists

## **How do I get more information?**

Melanie Nevis, Director of the Music Therapy Division, is available to meet with you to design a program specific to your needs and interests. She may be reached at 718-622-3300 x16 or [mnevis@bqcm.org](mailto:mnevis@bqcm.org).

# Music for Social and Emotional Learning

Music for Social and Emotional Learning is a program for children and adolescents in general education programs or with moderate special needs. It is designed for the development of social and emotional skills. Through music we will address such skills as self-awareness, communication, self-expression, cooperative play and work, frustration tolerance, stress reduction, conflict resolution, self-esteem, confidence building, and emotional and creative expression.

## What classes in Music for Social and Emotional Learning do we offer?

### **Drumming for Learning**

(elementary, middle, and high school)

These groups focus on developing social and emotional skills through the fun and motivation of group percussion. Students will explore learning to play a variety of drums and percussion instruments while creating music together. No musical experience is necessary.

### **Teen and Pre-teen Music Group**

(middle and high school)

How can I use music to help me in my life? Music is very important in the lives of teens and can be used for emotional support and creative expression. It can express feelings, communicate thoughts, shift or change moods, help manage emotions, and decrease stress. Students will listen to and share the music that is most important to them and create their own music through playing, recording, writing, working on computers, and creating videos. No musical experience is necessary.

## Who can benefit from Music for Social and Emotional Learning?

Any child or adolescent can benefit from this program. It can be particularly useful for students who are experiencing behavioral or learning issues at school, having difficulties with making friends or navigating social relationships, or experiencing stress through changes or transitions in their lives.

## Where are these classes available?

These programs are available at your school or agency and at our Brooklyn campus.

**BROOKLYN-QUEENS  
CONSERVATORY**

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