

Music Therapy at GF Strong:

- 1:1 Music Therapy sessions (usually last 30–60 minutes). Sessions are booked in advance.
- The music therapist often works with physiotherapists and speech and language pathologists to provide specialized combined sessions. Ask the music therapist for more information.

Office Information:

Office: 3rd floor, Room 349
Phone: 604-734-1313 local 2392
Email: katherine.wright@vch.ca

Hours: Tuesday 8:00am–4:00pm
Thursday 10:00am–2:00pm
Friday 8:30am–3:30pm
(hours are subject to change)



About GF Strong Rehab Centre...

GF Strong Rehab Centre, part of Vancouver Coastal Health, is a rehabilitation centre for individuals with disabilities.

We serve people who have a wide range of disabilities. Some of these disabilities include spinal cord injury, brain injury, stroke, amputation, severe arthritis, and other neuromuscular disorders.

Visit our website at:
www.vch.ca/gfstrong/

Music Therapy at GF Strong



For more copies, go online at <http://vch.eduhealth.ca> or email phe@vch.ca and quote Catalogue No. **EG.810.M871**
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www.vch.ca

GF Strong Rehab Centre

4255 Laurel Street
Vancouver BC V5Z 2G9
Tel: 604-734-1313

What is Music Therapy?

Music Therapy is the use of music and/or music activities provided by a Music Therapist. These activities are designed to improve a person's emotional, mental, physical, social, or spiritual well-being.

Music Therapy aims to improve how a person is functioning in his or her life.

You do not have to play music to benefit from Music Therapy. Music is used to help you achieve your rehabilitation goals and to help you enjoy your stay at GF Strong.

If you would like to see a Music Therapist, ask one of your team members to refer you.

Websites about Music Therapy:

<http://www.mtabc.com/>

<http://www.musictherapy.ca/>



How does Music Therapy work in Rehabilitation?

Music Therapy works on many of your rehabilitation goals, just like the other therapies, except that music is used as the method to help you reach these goals.

Your goals may include:

- Improving verbal communication
- Improving concentration
- Improving fine and gross motor function
- Increasing self-expression
- Decreasing anxiety
- Decreasing pain



What happens in a Music Therapy session?

You will be asked about your musical preferences and rehabilitation goals. You and the Music Therapist will work together to design a program that meets your needs.

A session may involve listening to music, playing music, singing, guided relaxation, or creating new music on a computer. What happens in a session is up to you. You will not have to do anything you do not want to do.

How are Music Therapists Trained?

A Music Therapist has a Music Therapy degree from a university. There are training programs in many different countries.

Music Therapists are musicians with a strong knowledge of music theory, harmony, conducting, solo & group playing, and composition.

Music Therapy training also includes courses in biology, psychology, counselling techniques, musical improvisation, and specific Music Therapy techniques.