

Music Therapy

Music therapy uses music to motivate people to improve health, functioning and wellbeing. It supports movement, communication, thinking and mental health.

Our music therapists support clients with all neurological conditions including acquired brain injury, Parkinson's disease, multiple sclerosis, cerebral palsy and autism. We work with infants to mature adults.

You do not need musical training. Our registered music therapists will find accessible ways for you to engage in music you love and find motivating ways to help you reach your therapy goals.



Movement control and coordination

We use music and rhythm to help tap into people's motor (movement) memory and activate specific parts of the brain.



Speech and communication skills

Taking part in singing familiar music is a motivating way to engage in speech and communication based therapy. Music therapy can improve lung capacity, vocal control and speech production.



Social skills

Engaging in singing and playing music is a motivating way to build social skills. Music therapy can work on taking turns, improving eye contact and sharing skills.



Thinking skills

Music therapy can help improve a range of cognitive or thinking skills. Music therapy is used to improve attention, short and long term memory, planning and organising skills.



Mental health and emotional regulation

Music therapy can focus on improving self-regulation and building emotional awareness. Nurturing people's interests in music can support people's mental health and wellbeing.



Community participation

Music therapists can help people participate in music-based community activities and support them to get started and feel comfortable in new group settings.



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