

WESTCHESTER CHAPTER

Music Speaks Louder Than Words: An Introduction to Music Therapy

PRESENTER: Maya Benattar, MA, MT-BC, LCAT

DATE: Saturday, March 7th

TIME: Peer practice groups begin at 9:00 A.M., presenter starts at 10:30 A.M.

LOCATION: Sterling Community Center, 29 Sterling Place, White Plains, NY

DESCRIPTION:

Music therapy is the clinical and intentional use of music-based interventions to accomplish individualized goals. Music therapists are trained to engage clients at a variety of levels through the flexible and creative medium of music, which allows for unique and dynamic relationships, interactions, and outcomes. Music therapy can provide children and adolescents at a wide variety of functioning levels with an opportunity to connect with themselves and others, express themselves fully and creatively, and develop creative coping skills. Since music is a non-verbal modality, music therapy can be a highly effective way to work with clients who are non-verbal or those who are hesitant to engage in verbal therapy, including children or adolescents with autism, anxiety, OCD, or other mental health and developmental concerns.

Maya Benattar, MA, MT-BC, LCAT is a nationally board-certified music therapist and NYS licensed creative arts therapist. She received her M.A. in Music Therapy from New York University and her B.S. in Music Therapy from SUNY New Paltz. Maya has worked with children and adolescents with a wide variety of special needs in community, educational and private practice settings, and is currently in private practice in New York City and Westchester. Her holistic, client-centered approach utilizes individualized music-based interventions to address social, emotional, and developmental needs.

Free with paid membership dues. Non-members: \$10.00

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