



Programming Proposal

Teen Facility/Organization XYZ

Proposal Overview

- ▶ Resounding Joy Overview
- ▶ Definition of Music Therapy
 - ✓ Program Goals
 - ✓ Possible Interventions
- ▶ Proposal Options A, B, & C
- ▶ Contact Information

Resounding Joy, Inc.



- ▶ 501(c)3 Non-Profit
- ▶ Mission: *to promote social, emotional, physical, and spiritual well-being through music.*
- ▶ Levels of Service
 - Recreational Music-Making Events
 - Music Therapy Services

Music Therapy

Music therapy is an evidence-based profession which uses musical interventions to address physical, emotional, cognitive and social needs of individuals of all ages. Sessions are facilitated by a board-certified music therapist.

-American Music Therapy Association
www.musictherapy.org

Program Goals

- **Group Cohesion/Community**
Group will support each other through music-centered experiences and group discussion; builds a sense of commonality and togetherness.
- **Self-Expression/Communication**
Music interventions provide a safe environment for appropriate expression and to process a variety of emotions.
- **Anger Management/Stress Relief**
Music allows individuals to physically, cognitively, and emotionally release stress through the process of drumming, singing, and instrument play.
- **Enjoyment/Relaxation**
Variety of music opportunities are provided for mood enhancement, anxiety reduction and fun in a positive way.

Possible Interventions

- Music Making (Drumming, Singing, etc.)
- Lyric Analysis
- Movement & Music
- Song Writing
- Creative Arts to Music
- Musical Games

Option A: Music Therapy – Event

- ✓ Program: *Group Music Making (Closer for Event)*
- ✓ Frequency: *One time as scheduled*
- ✓ Day/Time: *July 14th, 2010 from 7:30-8:00pm*
- ✓ Attendance: *Approximately 25 (mixed ages)*
- ✓ Duration: **30 minutes**
- ✓ Staff: *Board-Certified Music Therapist*
- ✓ Services: **\$125**
- ✓ Mileage: *26 Miles Round Trip X .50/Mi = \$13*
- ✓ **Total Cost: \$138.00**

Option B: Music Therapy Session

- ✓ Program: *Music Therapy Session*
- ✓ Frequency: *One session as scheduled*
- ✓ Day/Time: *TBD – whenever the group meets*
- ✓ Attendance: *Approximately 6 (ages 11-14 years)*
- ✓ Duration: **60 Minutes**
- ✓ Staff: *Board-Certified Music Therapist*
- ✓ Services: **\$125.00**
- ✓ Mileage: *32 Miles Round Trip X .50/Mi = \$16*
- ✓ **Total Cost: \$151.00**

Option C: Music Therapy Workshops

- ✓ Program: *Music Therapy Workshop*
- ✓ Frequency: *Two sessions (2 weeks in a row or every other)*
- ✓ Day/Time: *TBD – whenever the group meets for therapy*
- ✓ Attendance: *Approximately 6 (ages 11-14 years)*
- ✓ Duration: **90 minutes per session = 3 hours total**
- ✓ Staff: *Board-Certified Music Therapist*
- ✓ Services: $\$125 \text{ each session} \times 2 = \250
- ✓ Mileage: $32 \text{ Miles Round Trip} \times .50/\text{Mi} = \16
- ✓ **Total Cost: \$266.00**

Contact:

Noelle Pederson, MT-BC
Resounding Joy Inc.
866-800-0197 (office)
npederson@resoundingjoyinc.org

