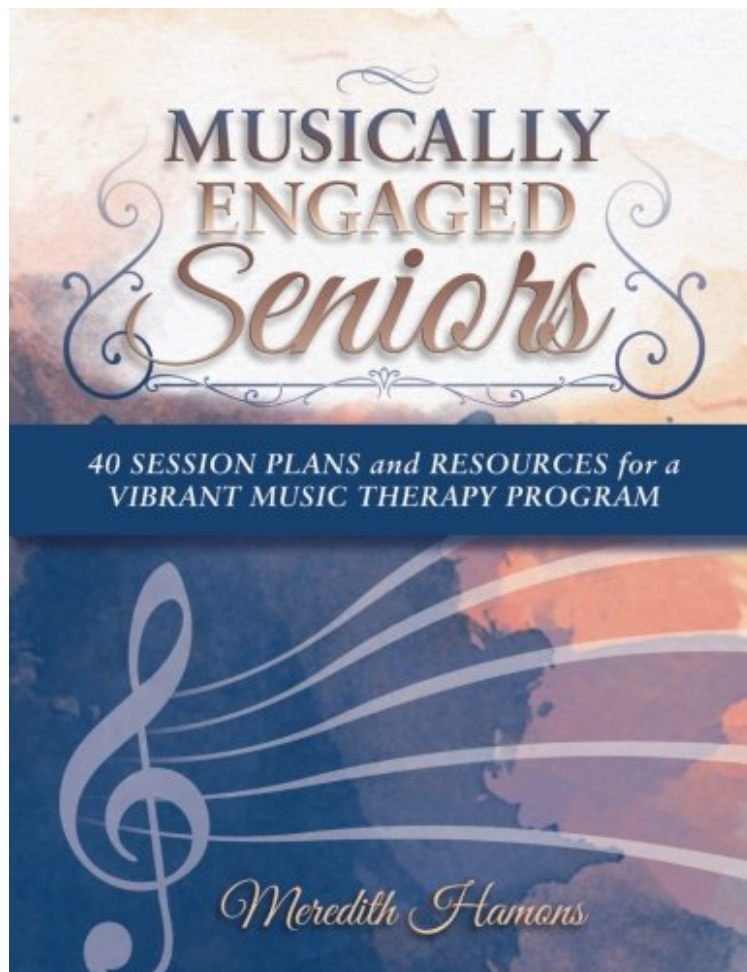


(Mobile ebook) Musically Engaged Seniors: 40 Session Plans and Resources for a Vibrant Music Therapy Program

Musically Engaged Seniors: 40 Session Plans and Resources for a Vibrant Music Therapy Program

Meredith Faith Hamons MT-BC

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Meredith Faith Hamons MT-BC : Musically Engaged Seniors: 40 Session Plans and Resources for a Vibrant Music Therapy Program before purchasing it in order to gage whether or not it would be worth my time, and all praised Musically Engaged Seniors: 40 Session Plans and Resources for a Vibrant Music Therapy Program:

1 of 1 people found the following review helpful. Awesome lesson plans and ideasBy jvAwesome lesson plans and ideas. I no longer simply entertain my residents at nursing facilities. This makes it truly therapy and I so appreciate the guidance this book has to offer. I'm using my own creativity and ideas now after gaining confidence from these lessons.2 of 2 people found the following review helpful. Thankful for this new resourceBy Kaitem131This has helped inspire me as a starting place when trying to design new music therapy sessions for seniors. I make a lot of adaptations

based on what I have available and the lower functioning level of most of my participants, but it has been a very useful tool. Well thought-out in giving lists of additional songs and ideas after the 40 theme-based sessions. 2 of 2 people found the following review helpful. Wonderful resource!! By Beth Beathard Wonderful resource for theme-based Music Therapy sessions with the senior population. Well-organized, researched and great attention to detail! I especially like the chapter "What's in your stash?" that gives guidance on what instruments to purchase if you are just starting out. That is very helpful since there are so many choices and brands available.

Written with the active music therapist in mind, *Musically Engaged Seniors* is designed to be an easy to use guide for group music therapy sessions with the elderly. This book contains clearly laid out session plans and resources that can be immediately incorporated into any senior music therapy program. Written for today's market, *Musically Engaged Seniors* emphasizes interventions that actively engage seniors in joyful music making. Containing an abundance of adaptable material, the included sessions can be used with seniors in all levels of long-term care. The musically driven outlines and additional resources incorporate a wide range of instruments, song selections, and creative interventions and are sure to delight seniors and inspire music therapists. ~ 40 ready-to-use session outlines, complete with additional resources ~ Adaptable plans and materials to reach seniors in all levels of care ~ Appropriate for music therapists leading a program in a single community or across multiple facilities ~ Sessions and interventions that have proven to be effective across a range of needs and abilities

About the Author Meredith Faith Hamons is a board certified music therapist and the founder of North Austin Music Therapy. Her company focuses on providing services to seniors, clients with developmental disabilities, and preschoolers. Meredith attended Duquesne University in Pittsburgh, Pennsylvania and completed her internship at the San Antonio State Hospital in San Antonio, Texas. She received additional training in neurologic music therapy from the Center for Biomedical Research in Music at Colorado State University. Meredith has been passionate about working with the elderly since she was in high school and was thrilled to create and develop a program for seniors as the foundation of her company. In addition to her clinical work, Meredith also speaks frequently on the subject of music therapy at state and national conferences. Meredith lives in Texas with her husband and beautiful daughter. When she is not practicing music therapy, her favorite place to be is at the beach with her family.