

## Here to help since 1962

From humble beginnings, five Brisbane families needing support for their young children with complex needs established Multicap. Over the past six decades, Multicap has grown and evolved with its foundation families into an organisation with a broad service offering.

Today, our services reach over 1,700 people throughout QLD and northern NSW and VIC. We're committed to being here for our customers in all ways, always.

Expanding the possibilities of every person for more than 60 years



For more information on local services phone **1300 135 886** or visit [multicap.org.au](http://multicap.org.au)

*all ways. always.*

MUSIC THERAPY

## Express yourself through music



*all ways. always.*

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## What is Music Therapy?

Music Therapy is a research-based practice that actively improves health and wellbeing via a therapeutic relationship.

## Our Services

- fully personalised to support your communication, physical and social goals
- designed to offer a positive communication and emotional outlet
- tailored in conjunction with our range of services to provide you holistic support and delivered by qualified therapists in a safe, private space
- accessible face-to-face or online as individual or group sessions

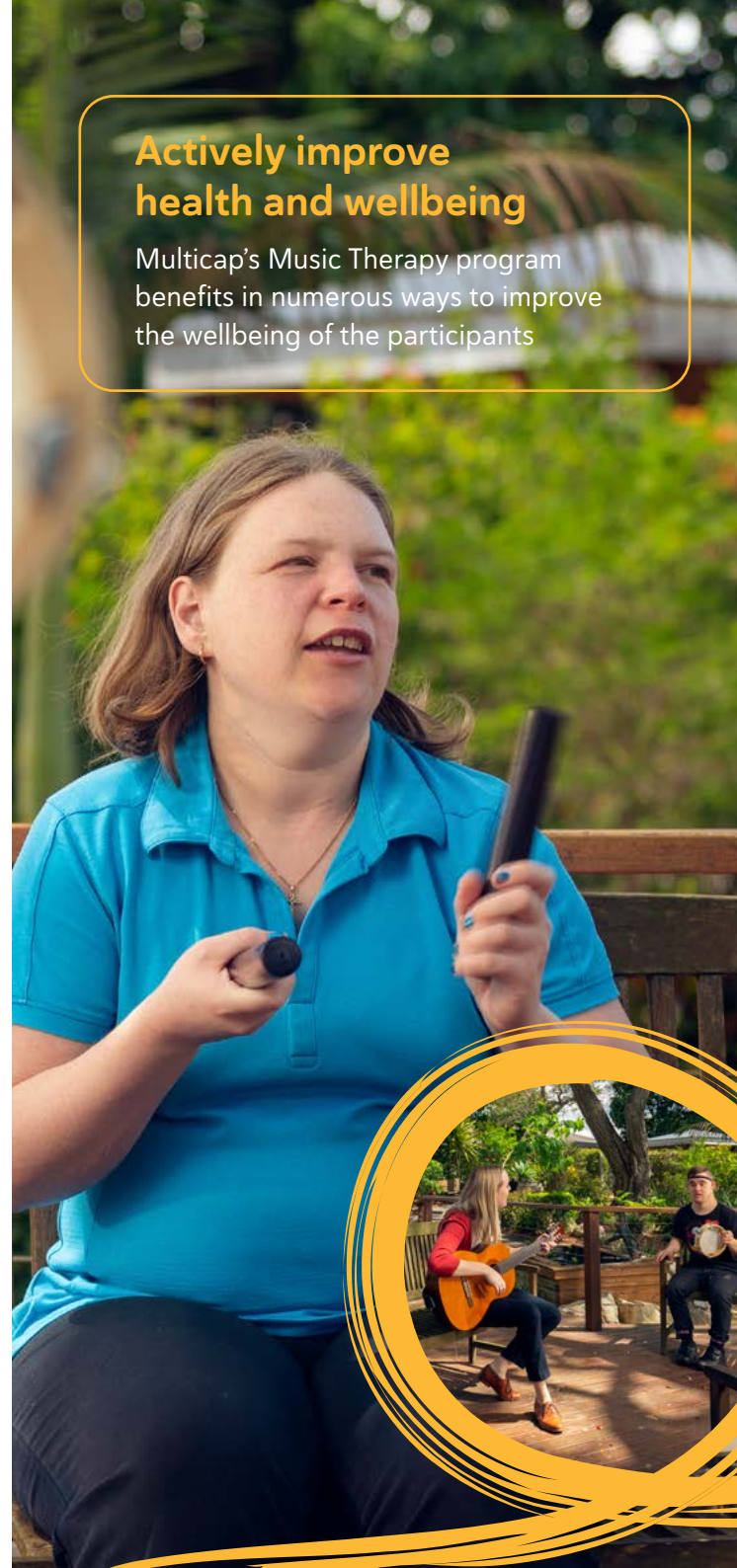
## How does it benefit me?

Some of the benefits of Music Therapy include:

- improved functional communication skills
- emotional outlet/regulation and creative expression
- maintained or improved gross and fine motor skills
- increased social & interpersonal skills
- improved body spatial awareness
- cognitive and sensory stimulation
- enhanced attention & engagement

### Actively improve health and wellbeing

Multicap's Music Therapy program benefits in numerous ways to improve the wellbeing of the participants



## Lara's Journey

With the help of Music Therapy, Lara has unlocked a new world of communication and performance.

A long-term Multicap customer, Lara experiences stuttering, which presents communication challenges. She started Music Therapy with the goal of expressing herself through voice and music.

Music Therapist, Queenie, introduced the use of a Neurological Music Therapy technique called Rhythmic Speech Cueing. As sessions progressed, Lara was able to control the initiation and rate of her speech by tapping a regular beat on her lap or chest. Using this technique, Lara practised useful phrases and was able to express herself without prompting.

After just 12 months, Lara showcased her skills at the Multicap Carols event, where she presented and performed several songs to an audience of hundreds.

Lara continues to enjoy regular Music Therapy sessions and is developing further verbal communication skills.

Our Music Therapy programs are facilitated by qualified Music Therapists registered with the Australian Music Therapy Association, & are included under NDIS Support Category 3.15. Self-funded options are also available.