



# MUSIC THERAPY

**Music activates, inspires and stimulates emotional expression. Music relaxes, calms the nervous system and helps restore internal balance. Music moves us to do more and be more.**

**Music Therapy** is an evidenced-based clinical discipline where music is used to effect positive change and foster creative expression in children and adults. In addition to achieving clinical goals and improving social functioning of those with different abilities, Music Therapy provides people with opportunities to expand their lives and explore issues through creative expression.

Whether working one-on-one or in a group setting, BKCM offers music therapy for clients to grow through the transformative experience of making music within a therapeutic relationship. Our credentialed music therapists play music with clients using a variety of instruments through improvisation and specific music interventions to address client needs and goals. Learn more about our Music Therapy Program at BKCM and our outreach programs at schools and agencies throughout Brooklyn, Queens, Staten Island, and Manhattan by visiting

**[BKCM.ORG/MUSIC THERAPY](https://www.bkcm.org/musictherapy)**

“The therapists are some of the best that I’ve ever dealt with and are incredibly skilled at what they do, what they see in the child and in their abilities to help the child develop from whatever point they’re starting from.”

–Edna Lugo, Mother of two children in the BKCM Music Therapy Program

# MUSIC THERAPY PROGRAM AT BKCM

All music therapy sessions are registered by semester and run for 15 weeks. Sessions are scheduled on an individual basis to best meet the needs of clients and their families. Clients may register up to 10 weeks into a semester and pay a prorated tuition based upon the remaining weeks in the semester. Private clients who elect to also join a music therapy group receive a 5% discount on group sessions. Please contact Christina Sterrett for further information and placement in the Music Therapy Program.

## MUSIC THERAPY (15 WEEKS):

**30-minute private lesson: \$1,215**

**45-minute private lesson: \$1,830**

**45-minute group class: \$675**

Limited Financial Aid is available.

Please contact us for further information.

## MUSIC THERAPY OUTREACH PROGRAMS

Music therapy outreach programs are set up on a case-by-case basis with partner schools and agencies. Please contact Toby Williams to learn more about our outreach program and what music therapy can offer your clients.

## TO SCHEDULE A CONSULTATION, CONTACT:

**Christina Sterrett-Caliz MA, MT-BC, LCAT**

**Music Therapy Coordinator at BKCM**

**718-622-3300 ext. 212 | [christina.sterrett@bkcm.org](mailto:christina.sterrett@bkcm.org)**

**Toby Williams MA, LCAT, MT-BC**

**Music Therapy Program Director**

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Brooklyn  
Conservatory  
of Music

NYC Cultural  
Affairs

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