

Surry Music Therapy Center (SMTC)

8 Cross Road Surry, Maine 04684, USA

Telephone: 207-667-1308 / **E-mail:** alan@surrymusictherapy.com

Website: <http://www.surrymusictherapy.com>

Alan Wittenberg M.A., CMT

Certified Music Therapist / American Music Therapy Association (AMTA)



Music as Healing : Music as Therapy

Music is a gift that can touch us, give us energy, hope, connection with others, a sense of well-being, and a release of anxiety and tension. Often music can bring light where there is darkness or despair. Music reflects who we are and what we feel. Music as therapy has been utilized and highly regarded by such renown cancer centers as Dana Farber and the Mayo Clinic.

As a certified music therapist I am delighted to offer this series of
“Music as Healing : Music as Therapy” Sessions.

I hope you will join us.

Participants will engage in the joy and beauty of their own music thru activities supported by the music therapist. These activities will include instrumental, vocal, movement and listening activities that will employ guided imagery and improvisation.

No prior musical training is necessary.

Everyone will go at his or her own pace in group activities. You will not be pressured to do anything that you are not ready to do.

Participants will be encouraged to process their feelings and issues in a supportive environment.

Please feel free to contact me by e mail or phone with any questions or comments.

I look forward to the possibility of meeting you.

Sincerely,

Alan Wittenberg

