Why the SHSU Music Therapy Clinic?

Having a clinic on campus allows music therapy students to gain supervised experience while providing much-needed services to a wide variety of clients in the Huntsville and surrounding communities.

The clinic also offers opportunities for faculty and student research, which benefits not only the SHSU Music Therapy Program and its students, but also furthers the profession of music therapy.

The School of Music at SHSU offers a Bachelor’s degree and Master’s degree in music therapy. Our program prepares students to sit for the music therapy board certification exam and to practice as professional music therapists. Programs are accredited by the National Association of Schools of Music and approved by the American Music Therapy Association.

Music has been used as a therapeutic tool for centuries in various settings and by many different populations. Young and old alike can use music to reach nonmusical goals, whether physical, cognitive, emotional, social or spiritual.

The techniques used during sessions are based on research and extended collegiate study.
SERVICES

Our clinic is located on the beautiful Sam Houston State University Campus in Huntsville, Texas. We accept referrals by phone and schedule initial assessment sessions which lead to treatment recommendations. Sessions are conducted primarily by students under the direct supervision of board certified music therapists.

LOCATION: Academic Building I, Rm 201
PARKING: Parking Garage on Avenue I
COST: Services are free of charge for qualifying individuals.

CONTACT: SHSU Music Therapy Clinic
1-866-BEARKAT
or 936-294-3972
musictherapy@shsu.edu

WHAT IS MUSIC THERAPY?

The American Music Therapy Association defines music therapy as,

“the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.”

It has been recognized as an organized profession since 1950.

Music therapy sessions may be conducted in individual or group formats and may involve singing, instrument playing, movement exercises, song writing, listening and responding, or music combined with other art forms. Techniques are chosen based on individual strengths, needs, and interests.

BENEFITS

Music therapists use music’s effects on the brain to bring about improvement in motor skills, communication, cognitive processes, and social/emotional health. Specific benefits may include

- Enhanced memory recall
- Highened attention to task
- Improved walking patterns
- Development of healthy social interaction and relationship
- Improved speech and communication
- Development of healthy self-image
- Decreased anxiety
- Decreased perception of pain
- Improved mood
- Better coping skills

CLIENTS

Our clients consist of children, adolescents, and adults experiencing the effects of strokes, brain injuries, Alzheimer’s Disease, Parkinson’s Disease, developmental disabilities, mental health challenges, illnesses, or situational challenges necessitating additional support.

Clients do not need to be musically inclined – they only need to have a positive response to music. An initial assessment will help determine the styles of music and the treatment procedures that will be most effective.

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