



# INDIVIDUAL & GROUP MUSIC THERAPY



## Developing Through Music



### What is music therapy?

Music therapy is the clinical and evidence-based use of music interventions to achieve individualized goals. This is accomplished through a therapeutic relationship with a credentialed professional (who has completed an accredited music therapy program). Music therapy uses music as the main tool to aid in achieving developmental and therapeutic goals of clients of all ages through success-oriented sessions.

Music therapy creates opportunities that provide:

- Multi-sensory stimulation
- An outlet for self-expression
- Socialization
- Promotion of communication
- Building of turn-taking, sharing and teamwork skills
- Creation of positive relationships with peers and staff
- Enhancement of motor skills
- Development of cognitive skills
- Enjoyable leisure activities through music



In-clinic and in-home individual sessions are offered Tuesday through Thursday

Group sessions are available

Tuesdays in Cary: 10:00-11:00, ages 1-4  
5:15-6:15, ages 6-10

Thursdays in Raleigh: 10:00-11:00, ages 1-4

### For more information

(919) 906-4008 or [cslocum@pedtherapy.com](mailto:cslocum@pedtherapy.com)

### Courtney Slocum, MM, MT-BC, Music Therapist/ Developmental Therapist, ITFS

Courtney graduated in 2004 from UNC Greensboro with a BM in Music Education and a minor in classical voice. She has a grades K-12 North Carolina teaching license. Courtney continued her education by attending East Carolina University to attain a master's degree in Music Therapy. As part of her studies, she completed a master's thesis on the topic of creating a music activities workbook containing several music therapy techniques for children with cerebral palsy and severe to profound disabilities. Courtney has completed Montessori Training for the North American Montessori Center and is a Certified Montessori Educator. She is also trained in the Picture Exchange Communication System (PECS). In addition to having a master's degree, Courtney is Board Certified in Music Therapy and is an Infant Toddler and Family Specialist (ITFS).

Prior to becoming a team member at Pediatric Therapy Associates, Courtney taught elementary music at a private school in Wilmington, NC. In that position, she taught the fundamentals of music to children in Pre-k through 5th grade where she incorporated movement, improvisation, personal expression, drama, art, and a vast amount of instrument playing in her curriculum. She also worked as a music therapist in pediatrics at New Hanover Regional Medical Center in Wilmington, NC.

Courtney has taught private voice and piano lessons. Since she was a teenager, she has loved music and working with children. Her experiences include being a camp counselor for many summers, organizing summer music camps, and holding individual and group music therapy sessions. Courtney has experience working with children with autism spectrum disorders, behavioral disorders, cerebral palsy, Down syndrome, global developmental delays, and prematurity. Courtney believes that everyone can relate to and benefit from music's therapeutic aspects. She has a broad range of experience with children of all ages and levels of functioning and loves sharing her passion for music with others. In her spare time, Courtney enjoys participating in local music theatre, singing, playing the piano, teaching and spending time with loved ones. She and her husband recently had a baby boy!

