

How Does Music Therapy Work?

When working with typically developing children, music therapy will be used to help them reach developmental milestones more expeditiously, help them socialize with children with a diagnosis, and improve their learning experience and quality of life.

Music therapy can help children with a diagnosis reach their social, cognitive, motor, speech/language, and behavior goals, as well as reach the goals on IEPs.

Music therapy can help children with a diagnosis integrate into a setting with typically developing children.

Music therapy can help children of all abilities feel a sense of accomplishment. When children accomplish a new musical task, they feel a new sense of self confidence and it will increase their self-efficacy.



About Me:

My name is Sarah Mosden and I am a board-certified music therapist. I received my bachelor's degree from the University of Miami in music education. I obtained my master's degree in music therapy from Temple University in May of 2021. I discovered my passion for music therapy when I worked as a music specialist at Sunrise Day Camp—a full-summer day camp for children with cancer and their siblings. I completed my rigorous six-month music therapy internship at Our First Impressions Childcare and Learning Center—a daycare and preschool in Southern New Jersey.



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Goal Areas of Music Therapy

- Gross motor development
- Fine Motor development
- Speech and language training
 - Communication skills
 - Cognitive skills (following directions, improving memory)
 - Focus and attention
 - Socialization
- Emotional and social intelligence
 - Behavioral skills
- Improved self-esteem and sense of accomplishment
- Acquisition of academic concepts

What is Music Therapy?

Music Therapy is 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.

What is a Music Therapist?

A music therapist is a trained professional who uses music to treat and develop non-musical areas of need for clients, while presenting therapeutic intervention in a fun, engaging, and non-threatening manner.

Why Me?

I have been working with children for many years, all of different ages, abilities, and from different backgrounds. As a music therapist, I will develop music experiences that meet the emotional, social, communication, physical, sensory, cognitive, and behavioral needs of your child, among other goal areas. Using music to enrich the lives of children and promote and contribute to their development is my passion. I hope I am able to contribute to your child's musical journey!

Session Options and Billing:

- **30 Minutes**

- **45 Minutes**

- **60 Minutes**

Small groups available at discounted rate per child.

Pricing is dependent on length of session and distance.

Currently only accepting private pay.

Contact for more information.