

# MUSIC THERAPY



**CARING | CREATIVE | COLLABORATIVE**

**Ted Brown Music - Tacoma  
Music Therapy Clinic**

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# WHAT VETERANS ARE SAYING



“Music therapy has empowered me — I can better manage my feelings when I’m around music. Music has connected me with my family again.” — J.B.



“I still suffer from depression after returning from my last tour. Learning to play the ukulele is something I look forward to— a feeling I haven’t had in a long time.” — L.N.



“Writing a song did help me to process my feelings and emotions that I’ve struggled to express over the years. I felt safe to do it with a help of my music therapist.” — T.R.

**Music Therapy** utilizes music as a therapeutic intervention by harnessing one's abilities to achieve optimal functioning.

- Reducing or managing anxiety
- Increasing mood and self-regulation
- Helping to process unspeakable emotions; promoting self-expression in a creative and safe manner
- Physical, cognitive, speech rehabilitation due to neurological disorders
- Managing pain and discomfort
- Assisting in transition and integration into the community
- Helping to build support system, and more.

**Individual and group sessions offered  
in-person and teletherapy**