

Carmen SJ Eisenhauer BMT



Qualifications

- Bachelor of Music Therapy
- Diploma of Music
- Canadian Association of Music Therapy (CAMT) Accreditation - pending
- 10 years guitar training
- 7 years piano training
- 15 years Jazz and Classical voice training

Work Experience

- 4 years of group music therapy sessions for adults with disabilities
- 3 years behavioural therapy for children with Autism Spectrum Disorder (ASD)
- “How Does Your Engine Run” program for children with ASD,
- 5 years experience with the elderly population
- Best Babies - babies first music program (0-3 years)

Child and Family Counselling Association (CAFCA)

CAFCA was forged out of the commitment and expertise of a group of counsellors who formed the Greater Victoria Child and Family Counselling Association (CAFCA) in 1986.

CAFCA is an accredited, member driven, non-profit, community based counselling agency that provides guidance and support to children, youth, parents and families.

CAFCA is committed to promoting community and family well-being. This is achieved by providing the most comprehensive, high quality, integrated service available in Greater Victoria.

Referrals for child protection, youth services and community living services are received directly from the Ministry of Children and Family Development. In addition, CAFCA provides services and support to parents of children/youth diagnosed with Autism Spectrum Disorder.

Child and Family Counselling Association

Suite 5 - 230 Menzies Street
Victoria, British Columbia, Canada
V8V 2G7

Phone: 250-595-4423

Fax: 250-595-7318

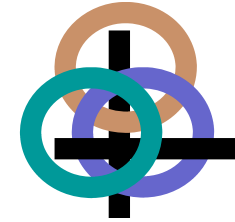
E-mail: mail@cafca.ca

Website: www.cafca.ca

ACCREDITED BY THE COUNCIL
ON ACCREDITATION



MUSIC THERAPY



CHILD AND FAMILY COUNSELLING ASSOCIATION (CAFCA)

offers

Music Therapy



CAFCA is a non-profit, accredited agency with 20 years experience

What Do Music Therapists Do?

A Music Therapist will assess and develop clinical goals, programming and interventions in consultation with clients, families and other team members.



What Formal Education does a Music Therapist Have?

A Music Therapist is a graduate of a music therapy degree program approved by the Canadian Association for Music Therapy (CAMT). Training includes:

- extensive academic and experiential course work
- clinical experience
- supervised practicums
- a 1000-hour internship supervised by an Accredited Music Therapist.

A Music Therapist is a person who has studied, is highly skilled in at least one instrument and has strong musical abilities. A Music Therapist has been accredited or is working on becoming accredited through CAMT .

Music as a Therapeutic and Rehabilitative Tool

As music is nonverbal, it can be made, heard, felt or played by anyone and its portability makes it easily accessible to all populations. It is music's universality that works as the primary tool in therapy. The music acts as a form of communication that assists the therapist in connecting with clients.

Music therapy can:

- Increase socialization with peers and adults using music as a tool for inclusion
- Decrease perseverative behaviours (i.e. repetitive movements, tantrums)
- Facilitate verbal and nonverbal communication
- Develop motor skills
- Facilitate creative self expression through singing and playing instruments
- Develop an internal structure and increase focus and comprehension using rhythm
- Develop self regulation
- Develop musicality



Who is a good candidate for Music Therapy?

Children and youth needing help with:

- Social skills (eye contact, listening)
- Speech and language skills (vocalizing)
- Mobility (fine motor, rhythm)
- Expressing emotion/affect
- Impulse control
- Musical skills (following rhythm, dynamics, movement to music, singing & playing instruments)

A person:

- who enjoys music or has a particular interest in an area of music (important one!)
- with developmental disorders
- with a physical disability
- with psychiatric and neurological disorders
- with a brain injury, with depression or emotional trauma