

## HOW IT WORKS: **MUSIC THERAPY**

### Wondering how you can get started with Lifeworks Music Therapy?

Read our overview below and if you have any questions, please do not hesitate to contact us: **651-365-3773** | [lifeworks.org/music-therapy](https://lifeworks.org/music-therapy)



#### Contact Lifeworks.

The process begins with you reaching out to our team: 651-365-3773 or [referrals@lifeworks.org](mailto:referrals@lifeworks.org). They will learn more about what you are looking for, provide an overview of our service, and connect with our Music Therapists to determine availability.



#### Meet with a Music Therapist for a free assessment.

A Lifeworks Music Therapist will contact you to schedule a free, 30-minute assessment where we will learn more about you, understand your goals, and make sure the service is a good fit.



#### Complete paperwork.

Paperwork needed to begin Music Therapy will be sent to you; it will include items such as payment methods, privacy policies, and more. This paperwork will need to be completed by you and sent back to Lifeworks prior to starting services.



#### Start Music Therapy.

Once your paperwork is received by Lifeworks and your funding is secure, we can get started! A Lifeworks Music Therapist will contact you to schedule the first session and figure out a regular meeting time that works for you.



#### You're Set.

Lifeworks Music Therapists will continue to assess progress towards meeting your goals.

Learn more and schedule your complimentary assessment:

**651-365-3773** | [referrals@lifeworks.org](mailto:referrals@lifeworks.org)

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