



World Federation of Music Therapy
Federación Mundial de Musicoterapia

What does a typical music therapy session entail?

Each session is uniquely designed to meet the needs of the individual clients. Therapists use a variety of techniques such as

- Song-writing

- Drum Circles

- Lyric Analysis

- Improvisation

- Guided Imagery

- Singing

- Therapeutic Performances

(AMTA, Australia, 2009)

www.wfmt.info