



CREATING A BRAVE AND EMPOWERING SPACE FOR
EQUALITY THROUGH TRAUMA INFORMED CARE.

INTRODUCING OUR MUSIC THERAPISTS



We have incredibly talented music therapists at Expressive Therapies. “Music Therapy is the clinical & evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship” (American Music Therapy Association, 2005). A board-certified music therapist utilizes music and all of its facets-physical, emotional, mental, social, aesthetic, and spiritual-to help clients improve or maintain their health. Music therapy is designed to promote wellness, manage stress, alleviate pain, express feelings, improve communication, build self-esteem, and more! If you are interested in music therapy services, please reach out to our office!

Music Therapy FAQs

Who can be an music therapist?

A music therapist is a credentialed professional who has completed an approved music therapy program.

Is music therapy just for kids?

Music therapy is a modality of treatment that can benefit for all ages and populations.

Do you need to have music experience to participate?

Music therapy does not require prior experience in music production/performance. All musical abilities and experiences are welcome!



EXPRESSIVE THERAPIES LLC NEWSLETTER

Tiffany
MT-BC, NMT-F, WMTR,
AMTA Internship Director

Tiffany became a Board-Certified Music Therapist in 1998 and joined the Expressive Therapies team in 2017. She is currently the clinical supervisor and AMTA internship director at Expressive Therapies. Tiffany completed her Neurologic Music Therapy training in Toronto, Canada in 2017 and completed her fellowship in 2020.

Why is music therapy important?

"Music therapy is the use of music as the "vehicle" for people to help meet their non-musical goals. Music can be motivating for so many people and when music therapists implement music therapy interventions with clients, their clients can have improvement in goal areas including attention, impulse control, speech production, emotions and regulation, physical therapy, and mental health. Music therapy can also be of receptive benefit in areas such as palliative and hospice care. With the variety of instruments and genres of music, there is so much variety to keep things fresh and motivating! I love being a music therapist - I get to combine my love of making music with my love of helping and developing others!"

Sara
MT-BC, NMT, LCSW,
ICGC-II, WMTR

Sara is owner and founder of Expressive Therapies LLC. Sara has 25 years of experience working with individuals and groups combining her passions of music and positive mental health together in her approach to optimize potential and promote wellness! Sara is a Board-Certified Music Therapist, Neurologic Music Therapist, Licensed Clinical Social Worker, International Certified Gambling Counselor – II and Wisconsin Music Therapist, Registered.

Why is music therapy important?

"Music is powerful! With music, we can access pieces of ourselves that words alone cannot. Music is motivating and allows us to address so many facets of our being (physical, emotional, spiritual, psychological, etc.). When used intentionally and therapeutically, healing occurs!"



EXPRESSIVE THERAPIES LLC NEWSLETTER

Jennifer
MSW, MT-BC, NMT,
WMTR, CAPSW

Jennifer joined the Expressive Therapies team in January 2018. She is a graduate of Southern Methodist University with degrees in Music Therapy and English with Creative Writing. Jennifer received her master's degree in social work through Simmons University in May 2023.

Why is music therapy important?

"I believe music therapy is important because it taps into the innate creativity and musicality of the human experience, enabling people to grow and learn different skills through an alternative and more intuitive outlet. Music is emotion, expression, communication, connection, movement, regulation, and so much more. Different aspects of a person's experience or various challenges that a person may be facing can be addressed through a musical lens, which can more directly meet someone where they're at and motivate their growth more than a non-musical approach. This makes music therapy such a valuable and effective approach in the therapeutic space for so many different people, experiences, and needs."

JoAnna
MT-BC, NMT, WMTR,
AMTA Internship Supervisor

JoAnna graduated in 2018 from Seton Hill University in Greensburg, Pennsylvania, where she earned a degree in Music Therapy, with a minor in Dance. She joined the Expressive Therapies team in January 2019.

Why is music therapy important?

"Music therapy is important because it utilizes music to improve various aspects of mental, physical, and emotional well-being. We are able to individualize what we do to best address the needs of our clients who all have their own unique areas of need and diagnoses. As music therapists, we have the privilege of providing a safe space for individuals to work on their goals and objectives in a creative environment that promotes curiosity, authenticity, and self-expression!"



EXPRESSIVE THERAPIES LLC NEWSLETTER



Angie

MM, MT-BC, NMT-F, WMTR,
AMTA Internship Supervisor

Angie, a board-certified music therapist, neurologic music therapist and AMTA internship supervisor, joined the Expressive Therapies team in December of 2019. She graduated from University of Wisconsin-Green Bay in 2014 with a bachelor's degree in vocal music before continuing to Western Michigan University to complete the music therapy equivalency program. She completed her master's degree of music therapy in June 2020.

Why is music therapy important?

"Music therapy is important to me because it makes a big impact on people's lives and helps people reach goals, maintain skills they already have, discover new skills, enjoy life, and in some cases, have a good end-of-life experience. Music is a powerful tool that can help people and be an outlet for them, and it's important that we use this incredible tool."

Sabra
MT-BC, NMT, WMTR

Sabra completed her BA in psychology with a music minor in 2018 at Indiana University-Purdue University Indianapolis, where she returned in 2019 for a second bachelor's degree in music therapy. She completed her internship and joined the Expressive Therapies staff in 2023.

Why is music therapy important?

"I think music therapy is so important because music is the ultimate motivator and can influence thought patterns, routines, morals and ways of living. Music is a universal language that can be used cross-culturally to connect you to those around you."



EXPRESSIVE THERAPIES LLC NEWSLETTER

Alyssa
MT-BC, NMT, WMTR

Alyssa is a board-certified music therapist who joined Expressive Therapies in April 2021. Alyssa graduated from University of Evansville in 2015 with a bachelor's degree in music therapy and a minor in psychology.

Why is music therapy important?

"Music therapy is important to me because music has always been a way for me to express myself and connect with my emotions. I love being able to provide a space for others to experience the benefits of music."

UPDATES

- **June is LGBTQ+ Pride Month!** Keep an eye on our social media pages for more info!
- Stay tuned to hear from our administrative staff about their roles at Expressive Therapies!

OUR MISSION AT EXPRESSIVE THERAPIES:

Creating a brave and empowering space for equality with – race, gender, sexuality, age, economic status, cognitive, physical, spiritual needs and those living with mental illness – through trauma informed care: music therapy, art therapy, dance/movement therapy and psychotherapy, to improve health and well-being.

TAKE CARE AND BE WELL!

Connect with us on social media!



Instagram (@expressivetherapiesllc)



Facebook (Expressive Therapies LLC)



Linked In (Expressive Therapies, LLC)



Contact us!

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