



VICTORIA
CONSERVATORY
OF MUSIC

Music Therapy Program

Now with three locations:

Downtown Victoria | Westhills, Langford | Nanaimo



Dr. Johanne Brodeur DEPARTMENT HEAD
250.386.5311 ext. 2030 | brodeur@vcm.bc.ca

vcm.bc.ca/music-therapy



Photo taken prior to March 2020

Music Therapy breaks through the barriers that prevent individuals from achieving their full potential

Music Therapy is the skillful use of music as a therapeutic tool to restore, maintain, and improve mental, physical, and emotional health. The nonverbal, creative, and affective nature of music facilitates contact, learning, self-expression, communication, and growth.

We can help you, or the one you love

VCM Music Therapy sessions meet the needs of children as young as infants to the elderly; those of all ages with exceptionalities, conditions, or illnesses, and improve the quality of life for all. Sessions may take place at one of the VCM's three locations, or in such facilities as hospitals, group homes, long-term care and independent living facilities, hospice, geriatric care facilities, nursing homes, rehabilitation centers, and schools. Children, adolescents, adults, and elderly with the following may benefit from Music Therapy:

- Developmental challenges
- Physical challenges
- Autism Spectrum disorders
- Sensory impairments
- Learning difficulties
- Brain injuries
- Conduct and/or behavioural disorders
- Recovery of developmental from troubling life events, substance use, and "illness"
- Strokes/Alzheimer's/Dementia
- Palliative care



We tailor what we do to meet your needs

Sessions are offered in private or group settings depending on condition and the individual's needs. Therapists are trained to use signing, picture exchange, and other communication models if requested. The Music Therapy studios are equipped with hundreds of instruments including grand pianos, large percussion instruments, hand-held desk bells, therapeutic and electronic equipment including keyboards, computers, parachutes, and balls.

What happens in Music Therapy sessions?

Musical activities are carefully designed to meet individuals' needs and achieve therapeutic outcomes. Here are examples of how Music Therapy can help:

- **Singing** improves communication, speech and language skills, articulation, breath control, expression, and reception
- **Playing instruments** increases Gross and Fine motor skills such as dexterity, coordination, balance, range of motion, strength, as well as social skills like active participation and interaction, self-esteem, and cooperation
- **Rhythmic Movements and Dancing** facilitates mobility, agility, balance, respiration patterns, muscular relaxation, spatial relationships, and endurance
- **Improvising** offers a creative and nonverbal means to expressing feelings. Through vocal, instrumental and/or movement improvisation, one has the opportunity to make choices and deal with structure in a creative way
- **Composing** develops cooperation, learning and sharing ideas and experiences, and increases social skills
- **Active Listening** activities provide a stimulating way to develop cognitive skills such as attention, memory, and auditory perception skills

We do more than one-on-one sessions

The Music Therapy program also offers the following programs on request:

- Neurological Music Therapy for patients recovering from a stroke
- Relaxation Sessions
- Music Visualization and Imagery Sessions
- The Bonny Method of Guided Imagery and Music Sessions (GIM)
- Creative Arts Explorations
- Hand Bell Choir (Suzuki Tone Chime Bells)

Senior VCM Music Therapists are also available for speaking engagements, keynote addresses and workshop presentations.



Multi-Sensory Studio at our Downtown Victoria location

The VCM's state-of-the-art Multi-Sensory Studio offers a peaceful retreat for music therapy participants. This is a studio where one can create, express themselves, find respite from their daily anxiety or pain, meditate and use guided imagery techniques. The equipment was carefully chosen to meet very specific needs. It includes laser-projected lighting, a Somatron vibro-acoustic recliner, flat-screen TV, bubble tower, and fibre-optics.

Music Therapy Faculty

Our team is a specially-selected group of seasoned professionals. All are Music Therapist Accredited (MTA). Please see our website for full bios at vcm.bc.ca.

Dr. Johanne Brodeur Ph.D., MTA | MUSIC THERAPY DEPARTMENT HEAD
Holds a Doctorate in Health Science and in Music/Music Therapy. A clinician specializing in Paediatrics with over 35 years of experience. Served as President of the Canadian Association for Music Therapy, is an international lecturer, a published author, and is the recipient of the Norma Sharpe and the Franni Awards, the two most prestigious Canadian Music Therapy awards.

Kim Brame BMT, MTA
Has over 25 years of clinical experience. Supports children and adults with autism spectrum disorders, brain injury, developmental challenges, and mental health issues. Provides services for seniors living in assisted care facilities.

Graylen Howard MMT, MTA, NMT
Has extensive clinical experience with both Paediatric and Geriatric clinical populations developed through his work in hospitals, complex continuing care, palliative care, rehabilitation settings, long-term care, residential care facilities, public school, and community settings.

Noa Kay BMT, MTA
Has clinical experience in pediatrics, rehabilitation, long-term care, mental health, and special education.

Johanna Kroetsch BMT, MTA
Working primarily with children and teenagers, Johanna helps individuals achieve developmental milestones, as well as provide opportunities for emotional expression and social connection.

Lynette Lai BMUS, BMT
Specializes in geriatric care, having worked extensively with seniors at long-term care homes, psycho-geriatric facilities, and assisted living facilities.

Allan Slade BMT, MTA, DIPLOMA IN COMMERCIAL MUSIC
Specializes in the use of song writing, improvisation, music technology, and recording skills for brain injury survivors, medically complex participants as well as youth and adults with developmental challenges and autism spectrum disorder. Provides individual and group services for residents of extended and intermediate care facilities.

Marie Slade BMT, MTA
Specializes in geriatric care, developing programs in complex care hospitals, residential care facilities, day programs, assisted living programs and psychogeriatric facilities.

We gratefully acknowledge
our supporters and partners:



children's
HEALTH FOUNDATION
OF VANCOUVER ISLAND



CIBC
CHILDREN'S
FOUNDATION
Helping Kids Rise Above

Long & McQuade
MUSICAL INSTRUMENTS



Sovereign Order Of
ST. JOHN OF JERUSALEM
Knights Hospitaller c108



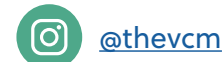
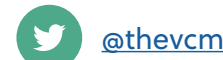
United Way
Greater Victoria

And more private donors and friends
of Music Therapy

VCM FUNDING PARTNERS



Dr. Johanne Brodeur
DEPARTMENT HEAD
250.386.5311 ext. 2030
brodeur@vcm.bc.ca



DOWNTOWN VICTORIA
900 Johnson Street
WESTHILLS, LANGFORD
210 - 1314 Lakepoint Way
250.386.5311 | VCM.BC.CA



NANAIMO
375 Selby Street
250.754.4611 | NCMUSIC.CA