



VICTORIA  
CONSERVATORY  
OF MUSIC

# Music Therapy Program

Now with three locations:

Downtown Victoria | Westhills, Langford | Nanaimo



Dr. Johanne Brodeur DEPARTMENT HEAD  
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[vcm.bc.ca/music-therapy](https://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 Mental Health from troubling life events, substance abuse, and other 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](http://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 40 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.

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

**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.

**Graylen Howard** BMT, MMT  
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. Graylen is currently offering online sessions for participants from the Nanaimo and up-island areas.

**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:

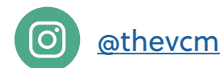
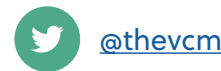
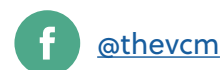


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VCM FUNDING PARTNERS



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