Programming Proposal

Teen Facility/Organization XYZ
Proposal Overview

- Resounding Joy Overview
- Definition of Music Therapy
  - Program Goals
  - Possible Interventions
- Proposal Options A, B, & C
- Contact Information
Resounding Joy, Inc.

- **501(c)3 Non-Profit**
- **Mission**: to promote social, emotional, physical, and spiritual well-being through music.
- **Levels of Service**
  - Recreational Music-Making Events
  - Music Therapy Services
Music therapy is an evidence-based profession which uses musical interventions to address physical, emotional, cognitive and social needs of individuals of all ages. Sessions are facilitated by a board-certified music therapist.

—American Music Therapy Association
www.musictherapy.org
Program Goals

- **Group Cohesion/Community**
  Group will support each other through music-centered experiences and group discussion; builds a sense of commonality and togetherness.

- **Self-Expression/Communication**
  Music interventions provide a safe environment for appropriate expression and to process a variety of emotions.

- **Anger Management/Stress Relief**
  Music allows individuals to physically, cognitively, and emotionally release stress through the process of drumming, singing, and instrument play.

- **Enjoyment/Relaxation**
  Variety of music opportunities are provided for mood enhancement, anxiety reduction and fun in a positive way.
Possible Interventions

- Music Making (Drumming, Singing, etc.)
- Lyric Analysis
- Movement & Music
- Song Writing
- Creative Arts to Music
- Musical Games
Option A: Music Therapy – Event

- Program: Group Music Making (Closer for Event)
- Frequency: One time as scheduled
- Day/Time: July 14th, 2010 from 7:30-8:00pm
- Attendance: Approximately 25 (mixed ages)
- Duration: 30 minutes
- Staff: Board-Certified Music Therapist
- Services: $125
- Mileage: 26 Miles Round Trip X .50/Mi = $13
- Total Cost: $138.00
Option B: Music Therapy Session

✓ Program: Music Therapy Session
✓ Frequency: One session as scheduled
✓ Day/Time: TBD – whenever the group meets
✓ Attendance: Approximately 6 (ages 11-14 years)
✓ Duration: 60 Minutes
✓ Staff: Board-Certified Music Therapist
✓ Services: $125.00
✓ Mileage: 32 Miles Round Trip × .50/Mi = $16
✓ Total Cost: $151.00

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Option C: Music Therapy Workshops

✓ Program: Music Therapy Workshop
✓ Frequency: Two sessions (2 weeks in a row or every other)
✓ Day/Time: TBD – whenever the group meets for therapy
✓ Attendance: Approximately 6 (ages 11-14 years)
✓ Duration: 90 minutes per session = 3 hours total
✓ Staff: Board-Certified Music Therapist
✓ Services: $125 each session X 2 = $250
✓ Mileage: 32 Miles Round Trip X .50/Mi = $16
✓ Total Cost: $266.00
Contact:

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