

Music Therapy Program Helps to Improve Socialization, Communication, and Motor Skills in Children

Written by Australian Business

PARAMUS, NJ, September 13, 2013 **/24-7PressRelease/** -- Care Plus NJ, Inc. ("CarePlus") will be offering a new session of Music Therapy Group for children with social, behavioral, and mental health challenges. The 10-week program runs from September 24th through November 26th. With the help of music therapist Paul Kates, it will focus on the many aspects of music and its therapeutic benefits.

The CarePlus Music Therapy Group is designed to target children with behavioral, social, or developmental challenges. The sessions are arranged to use the elements of music-making to engage the children in a non-threatening and fun way. Some of the goals of the program are to focus on areas such as:

- Awareness of self and others
- Cooperation
- Self-regulation
- Socialization
- Communication
- Motor skills
- Creativity

The American Music Therapy Association says that, "Music stimulates all of the senses and involves the child at many levels. This 'multimodal approach' facilitates many developmental skills."

"Music therapy is successful in reaching youth who may have difficulty expressing themselves verbally," says Paul Kates, MT-BC, and board certified music therapist. Kates, who will be leading the group, utilizes his therapeutic background and the music-making process to motivate each member towards their own needs. The 10 sessions will focus on the recreation of existing songs, the creation of new and original songs, receptive listening, and exposure to a variety of music, creative movement and/or improvisation.

CarePlus offered the program to adults last year, and the successful outcomes achieved inspired Kates to tailor a program for a youth audience.

The cost of attending the Music Therapy Group is \$375 and the sessions run from September 24th through November 26th.

For more information or to register, call Paul Kates at 201-797-2660 x154 or email PaulKates@CarePlusNJ.org.

CarePlus offers these support groups as a way to help children get to a place of balance — healthy minds and healthy bodies. Through these programs, one can help to manage stress,

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behavior, and to develop an overall sense of good health. A complete list of these groups can be found on the CarePlus website at:

<http://www.careplusnj.org/children-families-support-groups-services/>.

Care Plus NJ, Inc. (www.CarePlusNJ.org) is a northern New Jersey provider of recovery-focused mental health, substance abuse and family services that addresses the unique needs of individuals with a holistic approach to recovery and overall wellness. Operating out of 23 sites - including three outpatient centers located in Paramus, Fair Lawn, and Montclair, ten residential facilities, offices at three local hospitals, and seven community offices - their services are convenient to clients located throughout Northern New Jersey. They also provide educational programs on mental health-related topics to schools, organizations, and community groups; topics including certified Mental Health First Aid, suicide awareness, bullying prevention, and crisis intervention.