



## **You're Not Alone: Teen and Young Adult Support Through the Power of Music and Human Connection**

Living Spirit Therapy Services is offering virtual person-centered individual and group sessions for teenagers and young adults during this difficult and isolating time of social distancing.

### **Why?**

- Everyone, no matter the age, is built for community and connection. No matter the personality type, social relationships are renewing, needed, and valuable to everyone's personal well-being and stability.
- Teenagers as well as young adults are in a critical stage of life where "bonding with peers is one of the essential developmental tasks" (Miller, 2020).
- Teenagers and young adults desire to be heard, understood, and known for who they are as individuals navigating a fearful and difficult time.

### **What opportunities do sessions provide?**

- Support and tools for coping through various musical experiences.
- Discovery and development of creative outlets and self-expression.
- Connection with others.
- An inviting space to be real about the emotions, fears, disappointments, and hopes we have.

### **What we would do?**

- Songwriting exploration- unique to participant musical tastes and interests.
- Improvisational experiences- creating music in the moment through exploration of the various instruments and sounds.
- Social/Emotional support through song discussion, relaxation through music, and various other techniques.
- Provide a space for participants to develop coping skills and tools through music and connection with others.

### **What is music therapy?**

Music therapy is an evidence-based health service similar to physical therapy, occupational therapy, and speech-language pathology that uses music as the therapeutic tool to address physical, cognitive, social, emotional, psychological, spiritual, and/or behavioral needs.

### **What services do we provide?**

- Music therapy groups for teens and young adults, as well as groups specifically for high school seniors.
- 45, 60, or 90-minute individual music therapy sessions.
- Ongoing sessions or a one-time session.
- During the COVID-19 pandemic all sessions are virtual.

### **Currently Scheduled Groups**

- Mondays in June 3:00: **Young Adult**
- Mondays in June 4:15: **High School**
- Tuesdays in June 4:15: **High School Seniors**
- Need a different day or time or would you like to schedule a series for your specific school, group, or program? Let us know!
- *Individual sessions also available*

### **Cost**

- \$100 for 5 60-minute group sessions
- \$100 per session for individual sessions
- Groups are free for low income families

### **To learn more or to schedule sessions:**

- Visit <http://livingspirittherapy.com>
- Contact Melissa Spiess at 651-363-3936 or [melissa@livingspirittherapy.com](mailto:melissa@livingspirittherapy.com)

Child Mind Institute. Miller. (2020) Retrieved from: <https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>