



Beth Clark,
MM, MTA, MT-BC, is a music therapist in private practice in Vancouver BC.

Beth works with organizations, schools and individuals in the Vancouver area, providing individual and group music therapy services for children and youth.

Her practice includes work with children and youth who have a variety of needs, including mental health issues, bereavement care, palliative care, autism, deaf/hard of hearing and youth at-risk.

Using an integrated and holistic approach, Beth engages her clients with a variety of interventions including drumming, songwriting, singing, instrumental playing, improvisation, relaxation, and integrating music with other creative arts.

She provides direct services and workshops, and is available on a consultant basis in the Greater Vancouver area.

Contact Information

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Professional Affiliations

**Canadian Association for
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www.musictherapy.ca

**Music Therapy
Association of
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www.mtabc.com

**American Music Therapy
Association**

www.musictherapy.org

Music Therapy



Beth Clark

MM, MTA, MT-BC

*Music Therapist
in Private Practice*

*Music Therapy
Consultant*

Vancouver
British Columbia

What is Music Therapy?

Music Therapy is the application of music interventions by a trained professional within the context of a therapeutic relationship in order to restore, maintain, or improve functioning and quality of life.

Who may benefit from Music Therapy services?

Individuals of all ages and abilities with goals related to:

- Cognition
- Emotional / Mental Health
- Physical Health
- Socialization
- Speech / Communication
- Spiritual Well-being

Does the client need to be a musician to benefit?

No. Prior musical training is not needed to benefit from Music Therapy.

Is there research to support Music Therapy?

Yes. Research supports the application of music therapy with many populations, including:

- Acute and Chronic Pain
- Autism / PDD
- Corrections and Forensic
- Deaf / Hard of Hearing
- Developmental Delay
- Down Syndrome
- Hospice and Palliative Care
- Learning Disabilities
- Mental Health
- Neonatal Care
- Speech and Language
- Substance Misuse
- Survivors of Trauma / Abuse
- Visual Impairments
- Youth At-Risk

Beth Clark has experience working with all of the populations listed.

Who may make a referral?

- Client or Family Member
- Health Care Provider
- School Personnel

What happens after a referral is made?

- Formal assessment
- Treatment Planning
- Treatment Sessions
- Periodic Case Review
- Discharge Planning

What interventions are used in Music Therapy?

- Improvisation
- Instrumental Playing
- Music Assisted Relaxation
- Neurologic Music Therapy
- Singing / Songwriting
- Other Expressive Arts