

West Coast Counseling Center

Envision the Possibilities



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Music and Journal Therapy Groups

with

Marlee Simon

Board Certified Music Therapist

Marlee utilizes music and journal therapy to help individuals, family, couples and groups. She is a passionate advocate for the healing power of music.

Music Therapy is the universal language. Music speaks what cannot be expressed; soothes the mind and gives it rest. Heals the heart and makes it whole; flows from the Universe to the Soul.

– Unknown

Music therapy:

- Addresses emotional, cognitive, physical and social well-being through unique means of interventions. Issues may include; relationship and personal growth, anger, anxiety, depression, Alzheimer's, trauma related to illness and injuries and stress.
- Uses verbal and non-verbal self-expression which is accessed through song writing, lyric analysis and discussion, instrumental improvisation, music and meditation; determined by a client's preferences, circumstances and needs.
- Evokes feelings, helps induce emotional and mood changes while developing a sense of control through successful experiences, problem solving skills and conflict resolution.
- Is a fun, non-invasive, motivating, relatable and effective treatment modality for individuals, families, couples and groups to express themselves and learn transferrable skills, enhance belonging and heal through music.
- Benefits children, adolescents, adults, and seniors with mental health needs, developmental and learning disabilities, health, substance abuse, trauma, brain or chronic pain issues.
- Enhances individual therapy

No music background or skill is necessary to receive full benefits from Music Therapy.

Journal Therapy

- The act of writing thoughts and feelings down helps to achieve clarity, find your buried truth, and develop insight while increasing awareness, decision making tools and developing a supportive and compassionate self-care plan.
- Verbal and nonverbal communication promotes change through a creative process of journal writing.
- 12-week sessions including photo journaling, letter writing, intention setting and resolution planning, learn novel techniques to express vulnerability, forgiveness, while finding self-worth, sense of accomplishment and serenity.

Jody Frank, LCSW, DCSW, CAS

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Call for free group consultation. All groups are 90 minutes/\$70.

Find more information on our Women's, Men's, Young Adult and Coed groups and other services at www.wcccla.com / info@wcccla.com.