



Coyote Music Studio  
Denton, TX 76209  
940-368-4828 [tonya@coyotemusicstudio.com](mailto:tonya@coyotemusicstudio.com)

**Music & Mindfulness, 18+**  
**Music Therapy Intake Form**

**Music Therapy** is the use of music interventions designed for individuals/groups to achieve their personal, non-musical goals within a therapeutic relationship. **Music & Mindfulness** is a 90min music therapy workshop using intentional music, meditation, and art to achieve personal, positive goals.

**Cost:** \$30 Cash, PayPal, Square, Stripe

Payment is expected at time of enrollment in order to save your space. Please contact Tonya if you need to make other arrangements.

**Print Name:** \_\_\_\_\_ **Personal Pronouns** \_\_\_\_\_

**DOB:** \_\_\_\_\_ **Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Date of Workshop:** \_\_\_\_\_

**What are some areas you'd like to address in music therapy? List at least 1 goal for each area checked.**

- Improve Social/Emotional States \_\_\_\_\_
- Improve Cognitive Skills \_\_\_\_\_
- Increase Attention/Focus \_\_\_\_\_
- Improve Coping skills \_\_\_\_\_
- Leisure/Quality of Life \_\_\_\_\_
- Increase Communication Skills \_\_\_\_\_
- Improve Motor Skills/Movement \_\_\_\_\_
- Improve Daily Living Tasks \_\_\_\_\_
- Others \_\_\_\_\_

**What is the main area of concern you'd like to address in this workshop?** \_\_\_\_\_



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**As your music therapist, what's one important thing I should know about you.**

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**Please list any triggering topics you prefer the MT avoid during groups.** \_\_\_\_\_

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**Do you receive other therapies? If so, please list 1 or 2 goals you're currently working toward.**

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**Music used in group sessions is instrumental (no voices) and has been researched to provide a safe, calming atmosphere but even so, music is very personal. Please list ANY music you don't like here.** \_\_\_\_\_

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**Please list your all time favorite musicians/composers. No music snobbery, here, so tell the truth.** \_\_\_\_\_

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**Where would you like us to host future Music & Mindfulness Workshops?** \_\_\_\_\_

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***I understand that this information will only be used by my Board-Certified Music Therapist, Tonya S Blum, MA, MT-BC, in order to improve my music therapy services and will not be shared outside of my therapeutic relationship. I assure that all information in this form is accurate and truthful.***

**Client signature** \_\_\_\_\_

**Date** \_\_\_\_\_

**What to bring to the workshop:**

Water

Small pillow/blanket for the meditation if you tend to get cold

Yoga Mat optional. We provide one for the meditation but you may bring your own.