



Coyote Music Studio
Denton, TX 76209
940-368-4828 tonya@coyotemusicstudio.com

Music & Mindfulness for Families
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 60min music therapy workshop using intentional music, meditation, and art to achieve personal, positive goals and led by Board-Certified Music Therapist, Tonya S. Blum.

6:30pm Mondays, Shambhala Wellness Center, 215 E. University Dr, 76209

Cost: \$15 Cash, PayPal, Square, Stripe

Print Name: _____ **Personal Pronouns** _____

DOB: _____ **Phone:** _____ **Email:** _____

Address: _____

Name of family member: _____ **Personal Pronouns** _____

What are some areas you'd like to address in music therapy? Please list a personal goal for each area checked. This greatly helps me plan our sessions so don't skip this.

- Improve Social/Emotional States _____
- Improve Cognitive Skills _____
- Increase Attention/Focus _____
- Improve Coping Skills _____
- Improve 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 the first class? _____



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

Please list any triggering topics you prefer the MT avoid during groups. _____

Do you receive other therapies? If so, please list 1 or 2 goals you're currently working toward. These can be reinforced in music therapy.

Music used in group sessions is mainly instrumental (little or 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.

Please list your all time favorite musicians/composers. No music snobbery! Be honest. _____

Where would you like us to host future Music & Mindfulness Workshops? _____

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 class:

Water

Optional: Yoga mat, small pillow, blanket if you get cold in meditations. These are also in the studio.