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### **Rainbow Rehabilitation Centers Now Offers Music Therapy Groups**

YPSILANTI, Mich., Jan. 27, 2010 — Clients at Rainbow Rehabilitation Centers are engaged in individualized treatment focused on advancing the recovery of people with brain and spinal cord injuries. To progress individuals as quickly as possible to their highest functioning abilities, Rainbow consistently expands and improves upon all aspects of programming and rehabilitation. The latest addition is music therapy, now available to Rainbow's adult clients.

According to the American Music Therapy Association, music education and training has had a demonstrated effect on health, mental functioning and behavior. In the 20th century, musicians were hired by hospitals during World War I and World War II to help wounded veterans. Music eased patient's suffering, as doctors noted soldiers responded to music positively both emotionally and physically.

Music therapy brings these same positive effects to improve clients' physical and cognitive skills, including: speech and language skills, memory retention and cognitive initiation, mood and quality of life, motor skills, balance and range of motion.

Music therapy uses music to accomplish individualized therapy goals in a clinical setting. A music therapy session may involve playing instruments, listening to music, singing, improvising or composing music.

Music therapy has an emotional impact as well.

"Clients really connect with music therapy because of its lyrical content," explained Jonathan Carmona, a certified music therapist working with Rainbow Rehabilitation Centers. "People can relate to the feelings and emotions music expresses. It helps to build confidence, social skills and emotional development."

Jonathan added: "People in music therapy at Rainbow really benefit from the experience. For some, it can alter mood states and behavior, such as relaxing clients or assisting with depression or anger management. For others, it increases their attention span and helps with non-verbal communication."



To learn more about the therapy offerings at Rainbow Rehabilitation Centers, visit [rainbowrehab.com](http://rainbowrehab.com).

**About Rainbow Rehabilitation Centers, Inc.**

Rainbow Rehabilitation Centers Inc., headquartered in Ypsilanti, Mich., has been a provider of rehabilitation services for children, teens and adults with brain injuries since 1983. With more than 35 residential locations, three treatment centers, a NeuroRehab Campus® and two vocational centers, Rainbow offers services that span nearly every aspect of brain and spinal cord injury recovery and rehabilitation. Residential settings include adult homes, child and adolescent homes, town houses and semi-independent living apartments. Day treatment, home- and community-based rehabilitation and outpatient services are also available.

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