

# Music Together Within Therapy®



Welcome!

Thank you for your interest in Music Together Within Therapy® provided by me– Jackie Matthews LCPC-C– through Wayfinder Wellness and Psychotherapy Services!

In this document, I will provide you with a bit more information about how I use Music Together Within Therapy® to meet therapeutic goals. I provide information about my specialties/approach and answer frequently asked questions to help you decide if Music Together Within Therapy® is a good fit for you and your family.



Music Together is a research-based early childhood music and movement program for children from birth through childhood\*–and the grown ups who love them®. For more information, please visit [www.musictogether.com](http://www.musictogether.com) Music Together Within Therapy® builds upon this curriculum to meet therapeutic goals. Shared musical experiences have been shown to reduce the stress hormone cortisol and stimulate the release of the feel-good hormone oxytocin. Oxytocin is an important hormone in the body– it is connected to childbirth, nurturing behavior, attachment/human connection, social development, relationships and community engagement. It is a primary biochemical component of what makes a group feel unity. It helps us feel like we are safe, that we belong and makes us *feel* like an “us.” It is my great honor to help families with young children process challenging life experiences, heal together and

bond through fun, feel-good activities that create oxytocin. This is where Music Together Within Therapy® shines!

I specialize in supporting family mental health. I have particular areas of clinical focus that include:

### **Bonding with Baby**

- Prenatal/Expecting Individuals and Couples
- Newborn, Infant, Toddler bonding with Caregivers
- Adoptive Families and Surrogacy
- Reducing anxiety and increasing family joy during transitions
- Easing the intensity of the first few days at home

### **Stay-at-Home Parenting Support**

- Psychotherapy and education for decreasing caregiver isolation, overwhelm, anxiety and chronic stress
- breaking the stress cycle through neuroscience informed solutions
- partnering with your children
- creating routines and easing transitions through customized Music Together Within Therapy® materials
- Learning to thrive even when it is really hard to just get by
- Tailored solutions to your individual needs and family situation

### **Bringing Harmony Home®**

- Using Music Together Within Therapy® resources to improve connection with toddlers and preschoolers
- Building connections and sense of safety for foster and adoptive families
- Reducing tension and problem behaviors through music and play
- Supporting reconnection after daily separations/transitions (work/home)

### **Music Learning Supports All Learning®**

- At home, fun and easy-to-use Music Together Within Therapy® tools for parents to support social, emotional and cognitive development
- Support meeting developmental milestones through child/caregiver therapy
- Strength-based and neuroscience-informed parenting support
- Assisting parents in processing their own childhood experiences and helping them make conscious decisions about what type of parent they want to become.

### **NICU/PICU Parent/Child Support**

- Healing attachment within medical experiences
- Resources and support for parents when children are in NICU/PICU care



- Tools to bring into the NICU/PICU to reduce separation trauma
- Healing attachments after the child returns home
- Support processing the impact of medical separation and experiences for parents (and for children if developmentally appropriate)

It is my role to facilitate your learning and healing journey. I use my unique background to show you how to use these materials to meet the specific therapeutic goals of your family and support your journey of healing together. The skills you learn will add to your family's ability to communicate across generations and can shift relationships for a lifetime. Sometimes I work with one caregiver and child— other times it is most effective to work with multiple caregivers (sometimes even including childcare providers, aunts and uncles, grandparents and chosen family). One of the truly beautiful things about this work is that it can be adjusted to support the needs of your family.

Thank you for your interest in the Music Together Within Therapy® services I provide! Please review the included information on our offerings, prices, process, included materials and frequently asked questions. If you would like to sample some of the Music Together music you can access free songs on the *Hello Everybody* app on your mobile device, search on Spotify for Music Together welcome songs or visit [www.musictogether.com](http://www.musictogether.com).

Feel free to reach out with any questions! If you and your family would like to move to the next step, please reach out to the Wayfinder Wellness and Psychotherapy Services office to schedule a free consultation! Our wonderful admin team can be reached at (207) 370-8329 or via email [admin@wayfinderme.com](mailto:admin@wayfinderme.com). Be sure to mention your interest in the Music Together Within Therapy® program so we get connected!

Sending light, love and music!

Jackie

Jackielyn Grace Matthews LCPC-C (she/they)  
Wayfinder Wellness and Psychotherapy Services  
36 Main Street, Suite D  
Kennebunk, Maine 04043  
[jackie@wayfinderme.com](mailto:jackie@wayfinderme.com)  
(207) 370-8329  
[admin@wayfinderme.com](mailto:admin@wayfinderme.com)



## About Jackie Matthews LCPC-C, Licensed Music Together Within Therapy® Provider



Jackie Matthews LCPC-C is a Music Together Within Therapy® licensed provider who specializes in improving the mental health of Maine caregivers and their young children (ages 0-5). Jackie provides Music Together Within Therapy® through Wayfinder Wellness and Psychotherapy Services under the supervision of Christy A. Cole LCPC. Jackie is available to support caregivers and their children, individually and in groups, via telehealth and at the Wayfinder office in Kennebunk, Maine.

Growing up in coastal Maine, Jackie loved to hear her father rehearse with his barbershop quartet in the living room. She fell in love with musical theater watching him perform in community productions of *The Music Man*. She loves to learn new instruments and can often be found singing and/or fiddling with one instrument or another. Academically, Jackie completed Bachelor's Degrees in Biology and English at the University of Maine (both *summa cum laude*, 2010). She completed two Master's Degrees: Communication (UMaine, 2014) and Clinical Mental Health Counseling (Northwestern University, 2022).

Jackie fell in love with Music Together® while taking her children to Ms. Pauline's classes at Music Together® of Greater Portland. She was so inspired by the power of connecting caregivers and children ages 0-5 that she became a Music Together® teacher and specialized her mental health studies on caregiver/child development and wellness. Jackie adores helping parents use the world-renowned and research-supported Music Together® resources to heal attachment, foster connections, reduce family stress, support early childhood development and increase joy in the family system. She is also proud to continue being a Music Together® teacher for Mixed Age Classes at Music Together® of Greater Portland.

### About Music Together®

Wayfinder Wellness and Psychotherapy Services offers the Music Together Within Therapy® program. Music Together is a research-based early childhood music and movement program for children from birth through childhood—and the grown ups who love them®. For more information, please visit [www.musictogether.com](http://www.musictogether.com) Wayfinder Wellness and Psychotherapy Services is licensed by Music Together LLC – [www.musictogether.com](http://www.musictogether.com)



### **Pricing Structure and Information – Family Sessions**

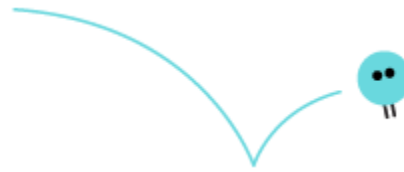
- Free consultation with caregivers (generally this works best without children present– unless they are infants) to discuss current needs, challenges, conflicts and how therapy may help.
- 4 Session Series (with option to add extra sessions afterward as needed)
- Series price: \$640 paid before the first session
- Price includes Music Together® materials packet which includes:
  - Music Together Collection Family Songbook
  - Music download code for the *Hello Everybody* app (found in Family Songbook)
  - Music Collection CD (great for in the car)
  - *Music and Your Child: A Guide for Parents and Caregivers* booklet
  - *Growing and Learning with Music Together®* Growth Chart
- Add-On Session Rate: \$160 per 55 minute session due at time of service

One-on-One Family Sessions provided via telehealth and sometimes in person in Kennebunk, Maine. Family sessions can include multiple generations if including grandparents would be beneficial. Additional fees may apply if more than 3 caregivers and 3 children are included in any sessions.

### **Group Sessions–**

Depending upon interest, occasional group sessions may be scheduled to support specific interests. If you are interested in being a part of a group please let us know!

# Music Together Within Therapy®



## What does the process look like?

**Step 1:** We begin with a free consultation so you can see if I am a good fit for your family and for me to get a sense of what your needs are and make sure that I can meet them! If after we meet we agree that the Music Together Within Therapy® approach is good fit for your family we move on to Step 2!

**Step 2:** Working with the administrative team at Wayfinder Wellness and Psychotherapy Services you will be provided with all the necessary paperwork (informed consent, HIPAA, family comprehensive intake etc) to complete and return through an online portal. You will be provided information on the payment options for the program fee (\$640 for four sessions). Payment must be made before materials are provided to you or sessions are scheduled.

**Step 3:** We will arrange for you to receive your welcome packet (shipped to you or picked up depending on geographic logistics). In this packet you can expect the following Music Together® materials which are research-supported and developed by international experts on child development.

Included in your packet will be:

- Music Together Collection Family Songbook
- Music download code for the *Hello Everybody* app (found in Family Songbook)
- Music Collection CD (great for in the car)
- *Music and Your Child: A Guide for Parents and Caregivers* booklet
- *Growing and Learning with Music Together®* Growth Chart

**Step 4:** We will schedule your sessions (in person or via telehealth) and provide you with an individualized plan on who should attend each session. This will be unique for each family as sometimes more emphasis needs to be placed on parent education/processing therapy with homework for music participation at home and other times might require direct interaction with the children and caregivers together making music in therapy more than parent talk therapy time. These needs will be assessed through the free consultation, paperwork intake process and adjusted as needed during our work together.

**Step 5:** Additional sessions can be scheduled for a fee of \$160/session which is due at the time of service.



## **Frequently Asked Questions**

### **I'm not musical. Will the program still work?**

The best part is that you do not need to be a musician for this program to work! Participating by providing the music collection to your children, learning how to adapt some of the songs/materials to your unique situation, creating a shared language of songs and having fun with your kids will more than do the trick. One of my goals is to show you how easy and fun it is to build family music making into life— without having to be a rockstar!

### **Can you accept my insurance?**

No. Unfortunately, the Music Together Within Therapy<sup>®</sup> Services provided through Wayfinder Wellness and Psychotherapy services are a private pay, out-of-pocket only service. We have limited sliding scale fee spots that may make this service accessible to families who are certain this would be the most effective therapy for them but cannot pay the \$160/session fee. Contact the Wayfinder Wellness and Psychotherapy office to determine your eligibility and the availability of sliding scale openings.

### **Is four sessions enough?**

Potentially. It depends on the unique situation of your family and the therapeutic goals you have. Four sessions is enough for us to get you set up with the Music Together<sup>®</sup> resources, provide some tailored interventions to use at home and set you on your new path to family unity using music. Ideally, clients would take what they learn from the first four sessions, try it out and see what is working for them. If they discover areas for further work, they would then come back

when they are ready to take another step forward in their healing journey together. This might mean one caregiver comes back to specifically work through parenting challenges, concerns or surfacing feelings. Perhaps in other cases a couple comes back to learn more about using Music Together Within Therapy® at home together. Other times this might mean the whole family comes back for more music focused sessions to further strengthen their ability to create musical routines at home. In other cases, families may find they want to add sessions to bring grandparents in on the bonding. Sometimes individual developmental needs of children might indicate continuation of therapy. It really depends on the needs of individual families, the ability to pay out of pocket for the services and the goals each individual brings to the table.

**My child was diagnosed with Autism Spectrum Disorder. I heard Music Therapy can help development and improve outcomes. Are you qualified to help my child?**

Music Therapy provided by a Board Certified Music Therapist is a fabulous treatment modality for helping children with neurodivergence meet developmental milestones. While I am qualified to help children and families with mental health, I am not a Board Certified Music Therapist and do not have specialized training in this area. Karen Mathews MT-BC, LCPC-C at Wayfinder Wellness and Psychotherapy Services is a Board Certified Music Therapist who is a great person to connect with if this area of expertise aligns with your needs. My work focuses more on the caregiver/child bond and how caregivers can enhance development and connection through use of music, movement and facilitated experiences. While this approach can support and help all children, specific clinical focus on autism treatment and support may be better suited with a Board Certified Music Therapist, like Karen!

**How is this different from Music Therapy?**

My work is focused on the mental health of members in the family system and the creation of safe, cohesive and communicative environments that encourage children and adults to thrive together. While I am qualified to help children and families with mental health, I am not a Board Certified Music Therapist and do not have specialized training in Music Therapy. I am a Music Together teacher and clinical mental health counselor who specializes in early childhood development and caregiver mental health. As a licensed provider I am able to use the research-supported Music Together Within Therapy® resources (developed by Board Certified Music Therapists!) to empower caregivers and to bring healing to family systems. In this way, you can think of these services as teaching you how to use music therapeutically for your family backed by world-class music and educational resources.

**We are divorced and have shared parental rights. Can you work with us?**

Unfortunately, probably not. Music Together® can be a wonderful neutral bridge to help children feel safe and connected across split households however it becomes challenging if there is a history of abuse, parental conflict or any ongoing co-parenting challenges. In many cases, these factors will prevent the therapy from being effective. In the occasional case where co-parents can



amicably decide that this is beneficial, Music Together Within Therapy® might work. In such cases I emphasize that I do not provide legal services including court appearances, letters of reference or custody evaluations in any part of my work. I do not provide co-parenting coaching or interventions. If all caregivers are on board with engaging with the Music Together Within Therapy® program it may be possible to adjust the program to support children in more than one household. To do this, each legal guardian must sign the consent paperwork, be willing to actively engage in the program and leave parental conflict out of the therapy process. Payment distribution between the parties must be negotiated between the parties and payment in full is expected before the commencement of sessions. Additional fees will be needed to adjust the program (additional materials and sessions to get the program fairly distributed to the split households while meeting therapeutic goals). We wish very much that we could help all families but this is sometimes not the case.

**We don't have instruments at home. Do we need to buy some?**

You don't have to! Family music making can be just as effective using pots and pans with a wooden spoon or creating shakers from empty yogurt containers with rice or lentils or dried beans inside! If you would like to purchase instruments the best options are usually egg shakers, small hand drums, jingle bells and rhythm sticks. These can be purchased at any local music store or online. If you would like to see the type of instruments recommended by Music Together® for each developmental stage you can look at the store on their website: <https://www.musictogether.com/store/>

**I am not located near Kennebunk, Maine. Can you provide services remotely?**

Yes! Most of my clients work with me via telehealth! Many report that they find that virtual sessions support their schedules and meet their therapeutic needs. I am licensed to provide services to clients who are within the State of Maine under the supervision of Christy Cole LCPC. I can provide the entire program virtually if you have a strong enough internet connection to facilitate virtual meetings and a private place to hold the calls. The Music Together Within Therapy® materials would be shipped to you by mail if you are outside Southern Maine.

**What platform do you use for remote sessions?**

Wayfinder Wellness and Psychotherapy Services uses a HIPAA compliant version of GoogleMeet for all virtual sessions. When sessions are scheduled you will receive an email invitation with a link to join the call. These sessions can be easily integrated into Google Calendars.

**Do you offer Music Together Within Therapy® for occupational therapy or physical therapy?**

No. I am a clinical mental health counselor and am not qualified to provide occupational or physical therapy services. At this time Wayfinder Wellness and Psychotherapy Services does not

have an occupational therapist or physical therapist within the practice. To locate Music Together Within Therapy® providers who may be able to assist you with these specialties use the “Find a Class” feature on the Music Together website: <https://www.musictogether.com/class-locator>.

**Do you recommend we add on– or follow up with Music Together® classes?**

Absolutely! Music Together® classes are fabulous educational experiences for parents and children which can enhance and deepen the customized work we do in Music Together Within Therapy®. Additionally, you can connect with other families in your area who use Music Together to shape their family lifestyle! Who knows, maybe you and your child will both meet your new best friends! To find out more or locate classes near you visit: [www.musictogether.com](http://www.musictogether.com)

**Sounds like this could be a good fit for my family! How do I take the next step?**

Fantastic! I look forward to talking with you about your therapeutic goals! To learn about my current availability and to schedule a free consultation, please reach out to the Wayfinder Wellness and Psychotherapy Services office at (207) 370-8329 or email [admin@wayfinderme.com](mailto:admin@wayfinderme.com). Be sure to mention your interest in the Music Together Within Therapy® program so we get connected!



**Wayfinder Wellness  
and Psychotherapy Services**  
36 Main Street, Suite D  
Kennebunk, Maine 04043  
(207) 370-8329  
[admin@wayfinderme.com](mailto:admin@wayfinderme.com)