Contact Us

Have questions?
Feel free to reach out!

Nicole Simons, MHA, MT-BC
757-255-8866
nicole.harney@tidewatermusictherapy.com

Check out our website for upcoming events and more info!

www.tidewatermusictherapy.com

Check out our social media pages!

Tidewater Music Therapy
@tidewatermusictherapy

Meet the Team



Megan Buhmann, MT-BC is a Co-Owner, Chief Financial Officer, and Licensed and Board-Certified Music Therapist at TMT.

Danielle Cavazos, MAT, MT-BC is a Co-Owner, Chief Expansion Officer, and Licensed and Board-Certified Music Therapist at TMT.

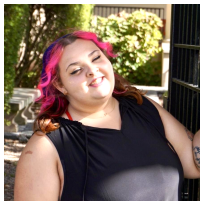




Nicole Simons, MHA, MT-BC is an Office Manager, Internship Director, and Licensed and Board-Certified Music Therapist at TMT.

Lizz Zartman, MT-BC is a Licensed and Board-Certified Music Therapist at TMT.





Niyah Gransbury, MT-BC is a Licensed and Board-Certified Music Therapist at TMT.

Tidewater music therapy

Music Therapy Changes Lives!



About Us

Tidewater Music Therapy is a private music therapy practice serving the Hampton Roads and Fredericksburg areas of Virginia. We work with people from all walks of life - from infants in the NICU all the way up to older adults in hospice care. Since TMT's founding in 2019, our small business has grown, sewn its roots in the local communities, and continued to "make waves" every day.

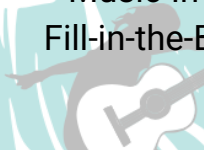
Our Services

We offer in-office and in-home music therapy services, adapted music lessons, and traditional music lessons for individuals and small groups. We also offer in-facility music therapy sessions for larger groups. Each year, we host events for our clients and their families to enjoy. Additionally, we hold presentations about music therapy at community education and outreach events.

What We Do

We tailor music therapy interventions to our clients, and we always strive to use interventions that will result in client success. These are some examples of interventions:

Lyric Analysis
Instrument Play
Music Assisted Relaxation
Rhythmic Movement Exercises
Music Prompted Reminiscence
Music Improv for Self Expression
Fill-in-the-Blank Singing/Songwriting



Example Goals

To increase verbal communication
To improve fine motor skills
To increase focus of attention
To improve singing technique
To increase social connectedness
To improve coping skills
To increase reminiscence
To improve quality of life
To increase moments of joy

Specializations

NICU
Special Needs
Mental Health Needs
Drug and Alcohol Rehab
Stroke Rehab
Cancer Rehab
Memory Care
Hospice Care

Funding

Insurance reimbursement for music therapy services is limited and often approved on a case-by-case basis. We offer sliding scale pricing for those in need as well as session package discounts for those who pay for sessions in advance. Many of our clients have secured funding through Individual and Family Support Programs (IFSP) and Exceptional Family Member Programs (EFMP). A child's Individualized Education Program (IEP) may also list music therapy as a direct related service.