

Contact Us

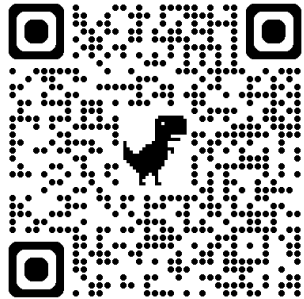
Have questions?
Feel free to reach out!

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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 (left)

Megan is a music therapist and co-owner of TMT. She has Bachelor's degrees in vocal performance and music therapy. She is passionate about her work, and she believes in the intrinsic power of music to help and heal.

Danielle Cavazos, MAT, MT-BC (center)

Danielle is a music therapist and co-owner of TMT. She has Bachelor's degrees in music education and music therapy as well as a Master's degree in teaching. She is delighted to have the opportunity to provide her community with access to music therapy.

Nicole Harney, MHA, MT-BC (right)

Nicole is a music therapist and office manager at TMT. She has a Bachelor's degree in music therapy and a Master's degree in healthcare administration. As a Hampton Roads native, she is excited to provide music therapy services in her home community.



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

Funding

Most health insurance providers do not cover music therapy services in Virginia. 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 music therapy 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.