

For more information, contact:

Hannah Hoffman, MT-BC
Music Therapist - Board Certified

Hannah Hoffman is a board-certified music therapist and the owner of Remedies in Rhythm LLC, based in northern Michigan. Driven by a passion for integrating music therapy into her community, she has built a thriving practice that serves individuals throughout the region. Recently, she expanded her reach by opening a clinic space in Alanson, MI, where she provides therapeutic services to a diverse client base. Hannah is honored to bring this unique and impactful service to the northern Michigan Community.



WHAT WE DO

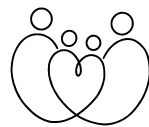
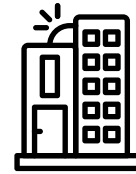


INDIVIDUAL SESSIONS
Our individual music therapy sessions are conducted in-person and virtually anywhere to enhance emotional wellness, foster resilience and coping, and create meaningful connections through the power of music therapy.



GROUP SESSIONS
We offer unique group programs and partner with local organizations to provide group services to clients of all ages and abilities.

FACILITY PARTNERSHIPS
We collaborate with facilities throughout northern Michigan to deliver individualized programming that enhances the well-being of all individuals. Our services include individual and group sessions tailored to the unique needs of each partner.



LEGACY BUILDING
We help families create lasting memories through Heartbeat Recordings and Heart Songs - timeless works of art that endure for generations. By capturing a loved one's heartbeat, we craft unique recordings and songs that keep their presence alive through music.

CONTACT US



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remediesinrhythm.com



REMEDIES IN RHYTHM

Music Therapy | Adaptive Lessons

MUSIC THERAPY FOR INDIVIDUALS WITH INTELLECTUAL DISABILITIES:

EMPOWERING THROUGH MUSIC





WHAT IS MUSIC THERAPY?

Music therapy is a compassionate, evidence-based practice that uses the power of music to address the unique needs of individuals with intellectual disabilities. Guided by a board-certified music therapist, individuals engage in activities that foster growth, learning, and joy.

WHY MUSIC THERAPY?

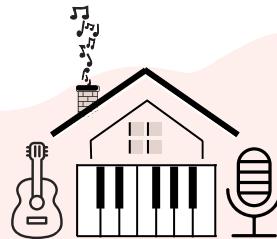
Music transcends barriers, making it a powerful tool for connecting with individuals of all abilities. For people with intellectual disabilities, music therapy can:

- Support cognitive development
- Enhance communication skills
- Foster social connections
- Improve motor coordination
- Boost self-esteem and confidence
- Provide a safe space for emotional expression

HOW DOES MUSIC THERAPY HELP?

Music therapy meets individuals where they are, using tailored approaches to help them thrive. Some benefits include:

- **Encouraging Communication:** Music is a universal language, helping individuals find new ways to express themselves through singing, rhythm, and sound.
- **Building Social Skills:** Group activities like singing or playing instruments encourage teamwork, turn-taking, and interaction with peers.
- **Developing Motor Skills:** Clapping, drumming, and dancing to music can enhance both fine and gross motor abilities.
- **Fostering Emotional Growth:** Musical activities provide a nurturing outlet for emotions, helping individuals regulate and understand their feelings.
- **Enhancing Learning:** Songs and rhythms can make concepts like numbers, colors, and letters easier to learn and remember.



REMEDIES IN RHYTHM

Music Therapy | Adaptive Lessons

WHAT HAPPENS IN A SESSION

Each session is uniquely designed to match the individual's strengths and goals.

Activities may include:

- **Singing and Vocal Play:** Promotes language development and confidence.
- **Instrument Play:** Develops motor skills and provides sensory stimulation.
- **Movement to Music:** Encourages body awareness and coordination.
- **Improvisation:** Builds creativity and self-expression.
- **Interactive Games:** Strengthens social and cognitive skills.

JOIN US

Discover the healing power of music for you or your loved one. Our music therapy programs are:

- **Accessible:** Sessions available in group or one-on-one formats.
- **Personalized:** Tailored to each individual's musical preferences and abilities.
- **Compassionate:** Led by experienced, board-certified music therapists.

PARENTS AND CAREGIVERS ARE WELCOME TO PARTICIPATE IN SESSIONS, CREATING SHARED EXPERIENCES AND REINFORCING PROGRESS AT HOME. MUSIC THERAPY CAN ALSO PROVIDE FAMILIES WITH NEW TOOLS FOR CONNECTION AND COMMUNICATION.