

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.

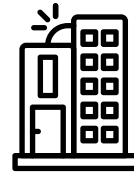


GROUP SESSIONS

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

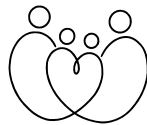
FACILITY PARTNERSHIPS

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



6232 River St, Alanson, MI 49706



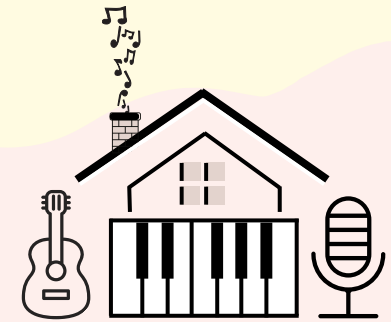
231-487-2462



hannahhoffmanmtbc@gmail.com



remediesinrhythm.com



REMEDIES IN RHYTHM

Music Therapy | Adaptive Lessons

MUSIC THERAPY AND MENTAL HEALTH: A PATH TO WELLNESS



WHAT IS MUSIC THERAPY?

Music therapy is an evidence-based practice that uses music to improve individuals' mental, emotional, and physical well-being. A board-certified music therapist works with clients to address specific goals through musical activities such as playing instruments, singing, composing, or listening to music.

WHO CAN BENEFIT FROM MUSIC THERAPY?

Music therapy is suitable for individuals of all ages and backgrounds. It can be particularly beneficial for those experiencing:

- Stress and anxiety
- Depression
- Trauma and PTSD
- Cognitive challenges
- Social isolation
- Behavioral disorders

MENTAL HEALTH BENEFITS

- **Reduces Anxiety and Stress:** Engaging with music can lower cortisol levels, helping individuals feel calmer and more centered.
- **Improves Mood:** Creating or listening to music releases endorphins, the brain's "happy chemicals," boosting overall mood.
- **Enhances Emotional Expression:** Music provides a safe space for expressing emotions that may be difficult to verbalize.
- **Supports Social Connections:** Group music therapy fosters a sense of community, reducing feelings of loneliness and isolation.
- **Boosts Cognitive Function:** Participating in musical activities can improve memory, attention, and problem-solving skills.
- **Promotes Relaxation and Sleep:** Soothing melodies can aid in relaxation, leading to better sleep quality.

HOW DOES IT WORK?

Sessions are tailored to meet the needs of each individual or group. Activities may include:

- Instrumental improvisation
- Songwriting and lyric analysis
- Guided imagery with music
- Movement to music
- Group singing or playing

WHY CHOOSE MUSIC THERAPY

Music is a universal language that transcends barriers. It has the power to connect people to their emotions, spark creativity and joy, and encourage personal growth.

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.

IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING A MENTAL HEALTH CRISIS, HELP IS AVAILABLE. CALL OR TEXT THE SUICIDE & CRISIS LIFELINE AT 988 FOR IMMEDIATE ASSISTANCE. THIS SERVICE IS FREE, CONFIDENTIAL, AND AVAILABLE 24/7.