

Sound Harmony Music Therapy

Hours: Monday - Friday: 8am - 2:30pm

Phone: 406-350-0233

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About:

Music Therapy is a research based profession that uses active engagement in music based interventions to achieve therapeutic results. We tailor each intervention to meet the individual needs of our clients. Using preferred music, typically played live, we work to achieve a variety of goals (including speech, physical, cognitive, and social) using research based interventions. Other forms of therapeutic music listening are beneficial but are not music therapy because they are not as goal oriented or designed to achieve significant therapeutic results. Sound Harmony music therapy designs their sessions to meeting client needs through engaging, research based interventions.

Christy Pansegrau, MT-BC, is a board-certified music therapist and owner of Sound Harmony Music Therapy. She graduated from the University of North Dakota with her bachelor's degree in music therapy. Christy gained advanced clinical experience through a six-month music therapy internship at West Music in Marion, IA before moving to Pullman, WA and opening her private practice.

Christy uses client-preferred music as a tool to help people meet their goals. In the past she has worked with older adults who are diagnosed with dementia, Alzheimer's, Parkinson's and those in hospice care. Although her main experience is in geriatrics, she has also worked with children and adults with Down's syndrome, autism, traumatic brain injury, and other disabilities.

Services: Music Therapy Groups; Music Therapy Individual Sessions; Music Enrichment Groups; HealthRHYTHMS;
Consultation: on the use of music in healthcare and wellness
