

Talking Music Therapy Awareness Month with Supriya Crocker

by Jon Williams -

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Supriya Crocker

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Last year Mayor Lisa Helps and the city of Victoria proclaimed March as Music Therapy Awareness Month. Victoria then officially joined major cities across Canada in annually celebrating and educating about the importance of music therapy, for the month of March.

Brief Bio:

Supriya Crocker is an accredited music therapist. Her clients include children with autism, seniors with dementia and adults with stroke related challenges. Supriya practices music therapy in community centres, schools, client's homes, and her studio in VicWest. You can find Supriya at supriyacrocker.com

Sample Interview Questions:

Why did you get into music therapy?

Why would someone choose to work with a music therapist?

Tell me about some of the techniques you use in music therapy?

O.K. Firstly please note the header picture here, as these are the notes that Supriya Crocker sent me in advance of our chat with regard to Music Therapy Awareness Month that Victoria Mayor Lisa Helps started last year. Further that NO ONE HAS EVER sent me notes on how to interview them, usually I have to do the digging. Haha.

Here's an excerpt from her website;

Most of us have experienced the depth that music can reach our souls. It can settle our mood, invigorate our senses, provide the backdrop to our life's stories and move us to tears during that last scene in our favourite movie.

Did you know that music can also deeply affect the way a person walks? Talks? Expresses their feelings? Experiences pain? Not in just an everyday sense...Music can affect the ability to overcome challenges that hinder the way a person does these ordinary tasks, and help do it with ease and normalcy.

Music therapy is the purposeful use of music to assist those with physical, mental, emotional and cognitive challenges. You don't need to be a musician. (That's why you work with a music therapist!). You just need help reaching your goals, via the added bonus of a long revered form of joy. Music