



About Me... *Rachael Lawrence-Lupton*, MA, MT-BC has been a music therapist since 2008. After completing her Bachelors degree in Biochemistry and Music at Smith College, she completed her Music Therapy equivalency at University of the Pacific (2007) and her Master of Arts in Music Therapy at Saint Mary-of-the-Woods College (2013). She has practiced in Southern California, the Chicagoland area, and most recently in Greater Ann Arbor and Metro Detroit.

During this time she has primarily specialized in geriatrics, as well as end of life care for adult and pediatric patients in individual and group settings. In addition to her patient care, she has been featured on television and podcasts as an expert on the impact of music therapy with geriatrics and end of life care.

About Gentle Care Music Therapy, LLC:

The name Gentle Care Music Therapy, LLC is inspired by a dear friend and colleague of Rachael's, Margie, who's ability to find joy and positivity regardless of the circumstances was a constant inspiration. Even when she was in the thickest part of her cancer treatments, of which the disease eventually took her life, Margie made it a point to ask about how everyone else was doing and maintained her email signature of, "*Take Gentle Care.*" Every person Margie came into contact with felt the sunshine and zest she brought to life and Rachael's goal is to continue her legacy and provide the same type of joy and love to all around her.

What is Music Therapy:

Music therapy is a clinical and evidence-based practice that uses music to help individuals achieve specific therapeutic goals. It is conducted by a qualified music therapist and can involve listening to music, creating music, singing, or moving to music—depending on the needs of the individual.

Key Elements of Music Therapy:

- **Therapeutic Goals:** These may include improving emotional expression, reducing anxiety, enhancing memory, supporting physical rehabilitation, or improving communication and social skills.
- **Personalized Approach:** Sessions are tailored to each person's emotional, physical, cognitive, and social needs.
- **Active or Passive Participation:**
 - **Active:** Playing instruments, singing, songwriting.
 - **Passive:** Listening to music, guided relaxation with music.



Who we work with:

Music therapy can benefit people of all ages. Gentle Care Music Therapy specializes in working with clients with:

- Alzheimer's and other forms of dementia
- Chronic pain or illness
- Cancer
- Neurological conditions like stroke or Parkinson's disease
- Caregivers
- General geriatrics
- Grief
- Anxiety or Depression

Special considerations:

- Residents who have family members that live out of town or out of state may benefit from our services as we are able to zoom them into our sessions.
- Sessions can occur in whatever space an individual identifies as home, even after discharge from or to a facility.
- Coordination with clinicians/members of an individual's care team can occur upon request.
- Family members not present during individual sessions will be contacted with an update as frequently as requested.

THANK YOU!

If you have any questions or would like additional information please feel free to contact Rachael via email at gentlecaremusictherapy@gmail.com or call (312) 515-6161. Visit our website at gentlecaremusictherapy.com